

On Top of the World NEWS

Where the News is Always Good

Santa gives exclusive interview to The World News, plus parade photos, Page 18.



Vol. 21, No. 7 • January 2008

Community News & Update

By Kenneth Colen, Publisher

COMMUNITY UPDATE: The Annual Meetings for Candler Hills, Indigo East, and On Top of the World were all well attended and the questions submitted were well thought-out. The practice of submitting written questions assures an orderly means of addressing all matters that were raised. Many of the questions dealt with traffic and speed control, use of recreational facilities and general questions relating to operations.

Philosophically, we want to avoid becoming a community with layers of committees, subcommittees and bureaucracy between residents and your Board, regardless of the community in which you live. Your Board listens to and responds to residents. Some ideas are very practical and bring broad benefits to residents. Many activities and programs have been resident initiated. Your Board is always open for ways to improve delivery of services and programs. One important aspect is consideration of the impact of new programs and services on the community services fee.

In Candler Hills, the question of individual irrigation wells was raised. My response was partially incorrect when I said that Marion County does not allow a private well on homes connected to a potable water system. The County actually never adopted that portion of the proposed ordinance. However, both the Bay Laurel Center CDD and your declaration do not allow individual wells to be drilled. The logic behind that prohibition is that there is no shallow aquifer in this region, thus any residential well draws from the same source as the potable and agricultural wells that serve On Top of the World and are regulated under the permits issued by SWFWMD. Individual wells would bypass the permit and may result in excess, unaccounted for water withdrawal.

HERE WE GROW: On Jan. 14, construction of the widening of Southwest 80th Avenue from State Road 200 to Southwest 80th Street is slated to begin. This is a relatively short segment of work timed to coincide with the ongoing work on Regency Oaks (Publix) and Southwest 90th Street connector. Please use caution while driving in this area. All measures will be taken to assure minimal interruption of the traffic flow.

You may have noticed the Land Use Changes signs posted on Southwest 80th Avenue and State Road 200. On Top of the World Communities, Inc., is proposing to redistribute existing development entitlements throughout the property to create a more functional plan and to utilize the existing development entitlements. No new residential or non-residential development is proposed or planned. This Plan Amendment Application consists of requested changes to the Marion County Future Land Use Map designations for the On Top of the World DRI and related vested properties.

The requested changes include modifying the current land use designation on the parcels east and west of Southwest 80th Avenue, consisting of 86± acres, from Medium Density Residential to Medium Density Multi-Family. Most of this area is already zoned for multiple-family development; however, the zoning must be consistent with the land use map, which map currently shows that area as medium density. Additionally, we propose changing the State Road 200 frontage on that parcel from Medium Density Residential to Commercial by moving some of the commercial entitlement held on adjacent properties to that site. Our intention is to make that commercial area accessible by golf cart (provided the County agrees).

We believe there is a need for a quality independent living facility in this market. Independent living facilities need to be located in a medium density multi-family designation. This land is ideally suited for such a use. Additionally, Marion County is building the Friendship Fire Station facility on that tract as well. Go to www.otowinfo.com for more information and a map of proposed change.

INSURANCE: Several questions at the annual meeting were focused on insurance. It is worth additional discussion in this article. Insurance markets seem to be regaining some measure of stability. Property and wind coverage is becoming more available, but costs remain high. Insurance companies mitigate possible risk by reducing limits of coverage, raising premiums and creating certain "carve-outs" for high risk underwriting. With over \$300,000,000 in insured value, the On Top of the World Owners' Association represents a significant book of business.

Under the present policy, each owner now has an out of pocket expense of 5 percent of the value of the home in the event of wind loss. The wind-loss coverage does not kick-in until the first \$250,000 of loss has occurred. Practically speaking, many homes would have to be affected to meet this minimum. As a practical matter, in back to back storms in 2004, total wind related losses were in the range of \$100,000. We didn't even come near the much lower deductible in affect at that time

The Association has a \$10,000 (non-wind related) deductible for any occurrence other than wind or hail damage. The Association's insurance does not cover the contents of your home. All owners must have an HO6 Unit Owners policy (or similar) with coverage for deductibles or loss assessments by the Association. Residents are advised to consult your insurance agent for specifics regarding the amount of their loss assessment coverage and possible supplemental windstorm coverage. This non-windstorm deductible applies to any damage

➤ Continued on Page 4



Photo by John Ware

The Balance Class will be one of the demonstrations at the Health and Wellness Expo on Jan. 19 at the Circle Square Cultural Center.

Start the New Year with the Health and Wellness Expo

By BOB WOODS
WORLD NEWS WRITER

Everyone reading this article should be making their way to their monthly calendars to mark down the date for the Health and Wellness Fair on the 19th at the Circle Square Cultural Center.

The Health and Wellness Fair will entertain around 50 different vendors. The biggest vendor is Munroe Regional Medical Center, which has already reserved 20 tables.

Those folks who have attended in the past know that there were plenty of helpful exhibitors who answered questions and had many give-a-ways such as ballpoint pens,

candy, key chains and other goodies.

There will also be other exhibitors and vendors such as the Lions Club, eye doctors and clinics, nursing and health care facilities, a diabetic shoe supply company, even a chiropractor, as well as Hospice from Marion County, plus many more, in fact, too many to mention, but just as important.

According to Theresa, our activities support coordinator, this year's fair will be larger than before due to the larger space offered by the Cultural Center. Cammy Dennis, On Top of the World's fitness director, plans to have a table at the fair manned by her fitness personnel who will be able to answer questions on fitness. She said that the fitness gang will highlight all the com-

munity's fitness programs and conduct a few demonstrations. She added the instructors will also help schedule individuals into whatever program meets their physical demands and capabilities.

Theresa also added that refreshments will be available from our own Hospitality Department.

The doors will open at 10 a.m. and close at 2 p.m. Should the parking lot be filled, then head to Sid's and have a cup of coffee before returning when hopefully a parking space will be available. Remember, this event is open to those living in all On Top of the World communities and those residing outside our confines along the 200 corridor. ☺

The New Pretenders Sing and Swing

Tickets On Sale Jan. 7

The New Pretenders with their cast of 23 including their 12-piece band present their annual stage show Feb. 8 and 9 at 7:30 p.m. in the Health & Recreation Ballroom.

The theme of this year's production is "Singin' and Swing" and do they ever!

The wardrobe committee has outdone themselves with costumes tailored for each number.

The songs range from ballads to jazz to comedy and the instrumentals put the band in the spotlight like never before.

After these dates the Entertainment Group takes the show on the road for between 12 and 15 performances at various retirement communities, churches and civic organizations. In fact they are booked into October.

Upon completion of their show season and after all expenses are taken care of, they make their annual sizeable donation to Hospice and Florida Center For The Blind.

Ticket sales begin Jan. 7 at 8:30 a.m. until 10 a.m. and every Monday, Wednesday and Friday thereafter. Tickets are \$5 general admission and \$7 reserved seating and there is a limit of four per purchase. They are for residents of all communities and their houseguests.

Each year the goal is to make the coming show bigger and better than the last and they certainly have accomplished their goal with this year's production. Mark your calendar for these dates, as in the past both nights are sold out well in advance of show nights.

For more information, visit www.thenewpretenders.com. ☺

Life as One of The New Pretenders

By BILL SHAMPINE

I am one of the 26 members of the On Top of the World group known as The New Pretenders. As one of the "newbies" (I've been a member for about 12 months). I've been asked to give you a brief, personal insight into what it takes to be one of The New Pretenders.

I was recruited by Lou and Jeannie Maire at one of our periodic neighborhood luncheons, but it took almost three months before I finally asked to be considered for membership and ultimately was asked to join the group. The big issue is the time involved. I needed to decide if I was willing to make the necessary time commitment and they needed to evaluate my musical skills, stage presence and compatibility. In addition to their 15 to 16 performances each year, the group practices for two hours every Tuesday and Thursday for a season that extends a little over eight months. Committing this amount of time was a big concern for me, but I reveled in the idea that I would be part of a group that entertains more than 2,000 people each year. I decided to go for it and have not regretted making that commitment — this is a fun group!

Being a guitar player, I was asked to play the acoustic guitar, with an occasional fill-in on the bass and electric guitars. Several of the band members play more than one instrument, depending on their individual talent and the needs of the songs selected. In addition to playing in the band, I am very pleased to work with Diana Morgan as a performer on one of our songs and as an instrumentalist with Jeannie Maire on another. In the 2008 season, I primarily will be a performer. Personally, I enjoy working in both the band and performing on stage, but some of the other members do not. Consequently, some members restrict themselves only to stage performances or to playing in the band. It has been a privilege for me to be a member of The New Pretenders. It has been a great experience and I have enjoyed every minute of it!

Finally, I would be remiss if I did not address in this article the No. 1 question each of us gets asked: "Are you REALLY playing (or singing) that song?" The answer is: "Come see us, and judge for yourself!" ☺



Bill Shampine



On Top of the World NEWS

Where the News is Always Good

The *World News* is a monthly publication of On Top of the World Communities in Marion County, Florida. This publication is written and prepared by On Top of the World residents for our neighbors and those interested in becoming a part of our community. The *World News* strives to publish only "good, informative news."

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Download a PDF of the World News at www.OnTopoftheWorldInfo.com



Is It Legal?
Gerald Colen

NOTE: On Tuesday, Jan. 15, from 3 to 4 p.m., I will be speaking at the Circle Square Cultural Center on various aspects of Florida law and how it may differ from the laws of other states. I'll focus on issues including but not limited to small claims litigation, Florida marital property ownership issues, purchase and sale of property in Florida, wills, trusts and probate in Florida and a few other issues as well. As always, I will take your questions and

I will stay as long as anyone has any questions to ask. I hope you will consider attending.

Q. My daughter insists that since she is my oldest child, she has the right to look at my will to make sure that everything in it is legal and that I have properly disposed of my entire estate. She also said that she will not agree to be the executor of my estate unless I make a special provision that her brother (and he's my son) shall have no right to challenge anything she does.

A. I don't see a question here, but I will give you my thoughts on what you wrote. First, and foremost, your daughter has no right to look at your will or, for that matter, your durable power of attorney or your advance directive (assuming you have them). She's got no right at all! The fact that she is the oldest child is not relevant either. Second, it is not her right to decide on what is the "proper" distribution of your estate. That's your decision and yours alone, whether she likes it or she doesn't like it. Third, the "special provision" she wants in your will — the provision where you say your son has no right to challenge anything she does — is more than likely not valid and not enforceable in Florida and probably not in any state of the United States. Now ... here's where I say something that is none of my business, but I am going to say this anyway: Your prob-

Golden Oldies Humor

by Stan Goldstein



'Every time I get the urge to exercise I lie down until the feeling passes.'

lem — your real problem — is that you need to stand up to your child and tell her that you are in control of your estate and she has no "say" whatsoever. If she replies and says that she won't help you any more, then you have a decision to make as to whether you want to capitulate to her or whether you want to wish her well and make other decisions regarding the administration of your estate. Your best move now would be to make an appointment with your attorney and discuss this fully.

Q. I went to a dinner seminar and was informed that there are new changes in the Florida trust law and that my existing trust may be invalid or may need substantial changes to bring it in compliance with the new law. As it turned out, the real purpose of the seminar had little to do with the trust law but was about annuities. However, it has caused me to write to you and ask if it's true that the trust law in Florida has changed and that I should amend my trust.

A. I have no comment about the real purpose of the seminar being to "pitch" annuities. As for the Florida Trust Code: yes, it has been changed and is now in effect. I will be discussing the new code in future columns but as for now, I can tell you that the new law does NOT affect trusts created prior to the effective date of the new code.

Q. I understand you are a Civil War buff, so here's my question and you have to promise that you won't look up the answer. I just want to see if you know your Civil War history. Question: What Civil War soldier was involved in the most famous wild western gun fight?

A. I don't have to look that up. It was Virgil Earp, Wyatt's brother. Of course, there were several other Civil War soldiers who went west and became famous or infamous in the wild west — but your question left me with little doubt to whom you were referring.

Gerald R. Colen is an attorney and member of the National Academy of Elder Law Attorneys and the Elder Law section of the Florida Bar Association. He concentrates his practice of law in the areas of elder law, wills, trusts, probate, real estate, business law and estate planning. This column is not intended to provide legal advice. You should always consult your own attorney for such advice. Mr. Colen is available for conferences at his law office at 7243 Bryan Dairy Road, Largo, Fla. 33777; (727) 545-8114 or at On Top of the World, in Clearwater, In Ocala, Mr. Colen is available, by appointment, for legal conferences at the On Top of the World sales office annex which is near Sid's Coffee Shop. He responds to e-mail at gcolen@tampabay.rr.com or through his Web site: www.gcolen.com.

Down & Country PHYSICAL THERAPY



**Beth
Pantages
PT
Clinical
Director**

Beth has been a Physical Therapist for over 19 years. She is co-founder of this family owned business. Her experience includes Director of Rehabilitation at Doctor's Hospital in Plantation, FL, and Chief of Physical Therapy at North Ridge Hospital in Ft. Lauderdale. Beth has served as a clinical instructor for University of Miami, Nova Southeastern and Florida International Universities. She brings to the Ocala area extensive experience and post-graduate training in Cardiac, Stroke and Orthopaedic Rehabilitation. Mrs. Pantages is a popular speaker on Back Pain, Fall Prevention, Arthritis and Cardiac Rehabilitation.

- ◆ Aquatic Therapy
- ◆ Orthopedic Conditions
- ◆ Stroke Rehabilitation
- ◆ Balance & Fall Prevention
- ◆ Back & Neck Pain
- ◆ Fibromyalgia
- ◆ Sports Injuries
- ◆ Motor Vehicle Accidents
- ◆ Joint Pain & Stiffness

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(352) 854-3424

February issue: Thursday, Jan. 31

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 Residents — Gold \$21 Silver \$19 Bronze \$17



Ricci Martin
 (A Tribute to Dean Martin performed by Dean Martin's son)
 Saturday, January 12, 2008
 Residents — Gold \$23 Silver \$21 Bronze \$19



The Coasters
 Saturday, January 26, 2008
 Residents — Gold \$24 Silver \$22 Bronze \$20



John Davidson
 Friday, February 15, 2008
 Residents — Gold \$21 Silver \$19 Bronze \$17



Smokey Joe's Café
 Saturday, March 8, 2008
 Residents — Gold \$17 Silver \$15 Bronze \$13



Celtic Celebration
 Wyndbreaker & Inisheer Dancers
 Friday, March 21, 2008
 Residents — Gold \$12 Silver \$10 Bronze \$8



Charo
 Thursday, March 27, 2008
 Residents — Gold \$24 Silver \$22 Bronze \$20



Johnny Tillotson
 Saturday, April 5, 2008
 Residents — Gold \$21 Silver \$19 Bronze \$17



Man In Black
 featuring Tommy Cash
 (A Tribute to Johnny Cash performed by Johnny's brother)
 Saturday, April 19, 2008
 Residents — Gold \$22 Silver \$20 Bronze \$18



The Drifters
 Saturday, May 3, 2008
 Residents — Gold \$24 Silver \$22 Bronze \$20



Elvis® Tribute
 Dwight Icenhower, Doug Church, Ted Torres and Ronny Craig
 Saturday, May 17, 2008
 Residents — Gold \$25 Silver \$23 Bronze \$21



Dream Girlz
 (A Tribute to The Supremes)
 Saturday, June 7, 2008
 Residents — Gold \$22 Silver \$20 Bronze \$18



Days of Disco
 with Flashback
 Thursday, July 17, 2008
 Dance the night away! (400 Max seating)
 Residents — \$15



Paperback Writer
 (A Tribute to The Beatles)
 Saturday, July 26, 2008
 Residents — Gold \$16 Silver \$14 Bronze \$12



Sock Hop
 with Rocky & The Rollers
 Thursday, August 14, 2008
 Dance the night away! (400 Max seating)
 Residents — \$15



2nd Annual
Jimmy Buffett Festival
 featuring Live Bait
 Saturday, August 23, 2008
 Residents — Gold \$15 Silver \$13 Bronze \$11



The Flamingos
 Saturday, September 13, 2008
 Residents — Gold \$19 Silver \$17 Bronze \$15



Central Florida
Symphony Orchestra
 Saturday, September 20, 2008
 Residents — \$20



Mickey Finn Show
 Saturday, September 27, 2008
 Residents — Gold \$17 Silver \$15 Bronze \$13



Billy Joe Royal
 Saturday, October 11, 2008
 Residents — Gold \$20 Silver \$18 Bronze \$16



Joey Dee & The Starliners
 Saturday, November 8, 2008
 Residents — Gold \$19 Silver \$17 Bronze \$15

All shows begin at 7:00 p.m.
 and doors open at 6:00 p.m.
More shows to come ...

Ticket Office Hours:

Monday - Saturday, 11:00 am - 2:00 pm • Day of Show: 11:00 am - Showtime
 8395 SW 80th Street • Ocala, FL 34481 • (352) 854-3670 • www.CSCulturalCenter.com

Schedule and prices subject to change without notice. Reduced ticket prices for residents of On Top of the World Communities. (Resident ID required when purchasing at ticket office.) Ticket prices do not include sales tax. All ticket sales final. Refreshments available for purchase at events. To arrange for handicap seats, call or visit the ticket office. *Online tickets subject to a convenience fee.



**All Over
Our World**
Lynette Vermillion

Happy New Year! I can't believe it is 2008 already. It is once again time to set our New Year's resolutions. As I was thinking about what I want to accomplish this year, it occurred to me that I need resident feedback to make sure that our priorities are the same. So, my first resolution this year is to hold focus group meetings with an advisory group periodically throughout the year. On a personal note, I have accepted the chairmanship of Go Red for Women for 2008 for Marion County.

Go Red for Women

Go Red for Women is the American Heart Association's nationwide movement that celebrates the energy, passion and power we have as women to band together and wipe out heart disease. This is not just a movement for women because every man has a loved one — wife, mother, sister, daughter who can be educated about heart disease. Thanks to the participation of millions of people across the country, the color red and the red dress have become linked with the ability all women have to improve their heart health and live stronger, longer lives.

And taking care of your heart is more important than you might know. Too few people realize that heart disease is the No. 1 killer of American women — and of men. More than one in three women will die of heart disease or stroke, compared with one in 30 who will die from breast cancer. But the good news is that heart disease can largely be prevented. Go Red For Women empowers women with the knowledge and tools they need to take positive action to reduce their risks of heart disease and stroke and to protect their health.

So, if we are able to educate even one woman to understand the signs of heart disease and save a life, we will have been successful.

Picking Up After Pets

While outside Residential Units, all animals must be kept on a leash or other restraint and must be accompanied at all times by the owner or custodian. Animal feces must be picked up immediately and disposed of properly by the owner or custodian of the animal. Please avoid allowing your pet to use the neighbor's yard.

Proper Disposal of Doggie Bags

We learned from some residents that they thought tossing the doggie bags in the drainage area would flow to the wastewater plant. This is incorrect and thus the reason for a reminder not to throw animal feces bags in the drainage areas as they eventually drain into the retention ponds which may be in a resident's backyard. This leaves retention ponds full of dirty plastic bags that must be removed as well as creating an unpleasant environment for those residents living nearby. So, please be kind and dispose of your animal feces in the proper receptacles and not the storm drains.

Generators Located

Throughout Community

Residents have noticed that we have located generators throughout the community. If you were here in 2004, you know that we were a very fortunate community in the fact that we did not lose water and sewer services after hurricanes Jeanne and Frances. These generators will further ensure our ability to provide uninterrupted service should there ever be a major loss of power.

Outside Fitness Clothing Tips

Shorter winter days force many to run and walk in the dark. Below are some tips taken from the Web on how to run, walk and bike safely when it is dark outside and safety tips for seeing and being seen.

To see, simply carry a flashlight. Particularly when running, most people don't want to carry the extra weight. Modern LED flashlights or small Mag light flashlights are more compact for the amount of light they provide.

Runners, walkers and bicyclists need to be seen and should wear reflective clothing. First, avoid dark colored clothing. Light colors reflect more light. Light colored clothing is a good start but modern, highly reflective clothing that is designed for maximum nighttime visibility is much better. There are several high tech reflectivity options: Buy reflective tape that is designed to reflect light back to its source. Apply this tape liberally to your exercise clothing. Drivers from any direction will see the bright strips. Wear a reflective safety vest, similar to those worn by highway workers. It can be worn over exercise clothing to allow drivers to see a bright human outline. It can be worn with any exercise outfit and does not require modifying your clothing. Many sports clothing companies sell exercise apparel made of highly reflective fabrics. Adding LED safety lights with any of these options will increase your visibility.

Don't let winter's early darkness disrupt your walking, running or bicycling, but please take the proper precautions.

Spyware

If you have been experiencing any difficulties with your computer or getting on the Internet quickly, our first thought is usually to blame our provider. However, this may not be the case as your computer resources may be

filled up with spyware. We get spyware on our computers and are completely unaware of it. We may have purchased the most expensive antivirus software so we think "that can't happen to me." But it does ... many of the antivirus softwares on the market will not remove spyware. There are two good programs available for removal of spyware. The first is called Ad-Aware and you can go to www.lavasoftusa.com to download a free version of the anti-spyware. The second anti-spyware software is called Spybot and is also free and can be found at www.safer-networking.org. It is an application to scan for spyware, adware, hijackers and other malicious software.

Water Restrictions Continued

In its Nov. 26, 2007, meeting, the Governing Board for the Southwest Florida Water Management District (SWFWMD) passed the third Board Order Modifying Water Shortage Order SWF 07-02 extending the modified Phase II (Severe Water Shortage) restrictions through June 30, 2008. A water shortage was originally declared on Jan. 9, 2007. Please continue once per week watering.

Appliance Disposal

Please keep in mind that appliance disposal may be done at our 90th Street compactor location. There is a section set aside just for this. So, if you have TV's, microwaves, etc. please place them in the area marked for such items.

Handicap Parking Spaces

Please leave handicap parking spaces available to others if you truly do not need this benefit. It is illegal to borrow someone's handicapped placard and use it when that person is not in the vehicle. It's also illegal to use the placard of someone who has died or to park in a handicapped space without a permit. We say this as a reminder to everyone not to take spaces away from the people who truly need them.

Don't forget to have your holiday decorations removed by Jan. 7. We wish you a wonderful new year, filled with happiness, success and good health. ☺

On Top of the World.
Communities

**Emergency After-Hours
Phone Number**
236-OTOW (236-6869)

Community News & Update

By Kenneth Colen, Publisher

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to a single dwelling, or multiple dwellings, and is based on each occurrence of damage.

In any case it is probably time to speak with your agent and review your insurance limits.

EDUCATION UPDATE: Master the Possibilities will start the New Year with the largest curriculum to date. There are about 150 opportunities to learn, grow and share thoughts in the first quarter of 2008. In January, consider our "Florida Week." If you are new to our community and this state, then our classes provide a wonderful way to learn about your new home. Even native Floridians will enjoy the wide variety of classes we put together.

Winter may well be our biggest season — it was in 2007. The key is to register early ... and often. Close to half of all registrants did it online this fall. This is a great way to enroll and get instantaneous confirmation. Just go to www.MasterthePossibilities.com and follow the prompts. The call in line makes it easy to enroll too. Simply call 854-3699 and provide name, phone number and classes you'd like to attend. We will get back to you within one business day. You can also stop by the office and register from 8 a.m. to 5 p.m. We anticipate about half our classes will fill in January. Thanks for your continued support and we'll see you in class!

GROUNDS UPDATE: The mid-fall weather has been so delightful and it's a welcome change from the late summer. We are of course bothered by a lingering drought. The Water Management District restrictions on lawn sprinkling allow lawn watering of one day per week. As a result of these water use restrictions and the need to control demand spikes throughout our system, the Bay Laurel Center Community Development District adopted a resolution establishing watering cycles to specific days and times based on your address. The specifics are available at otowinfo.com. If you need assistance in reprogramming your irrigation clock, that is available at no charge.

Please, no supplemental watering of lawns outside of that. Should aquifer levels drop, or we go into a prolonged dry spell, the District will re-impose even more restrictions on use. Conservation of water is still the general order. Washing driveways definitely constitutes a waste of water resources! If you truly feel

compelled to wash your driveway, resist the urge and buy a small electric blower at Lowe's or Home Depot, they cost less than \$30.

Now would be a good time to check for leaky commodes or faucets. 30 drops per minute waste approximately 54 gallons per month! A leaky commode may waste 100 gallons per day! That may not sound like much, but with over 3,400 homes in the community, it can add up quickly. Please be water wise. On Top of the World offers a leak detection service available through the Service Department. There is a nominal \$15 charge for this service, but it can more than save you considerable dollars off your water bill each month.

The trimming of dead hanging branches is beginning again and will continue through the winter months. The tree crew will also be taking down branches that may be overhanging dwellings. Although you may have put in a service request for tree trimming, the requests are not being taken in order of service date. The process is being done one street and neighborhood at a time simply because of the logistics involved (the scaffold lift has a forward speed of 2 mph). It makes very good sense and at the end of the process the management company will have take care of all reported requests. ☺

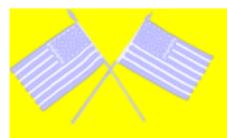
**Mid-Florida
PHYSICAL THERAPY**

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- ✓ Treatment of Athletes & Active Adults
- ✓ Massage Therapy (MM# 18615)
- ✓ Hand Therapy

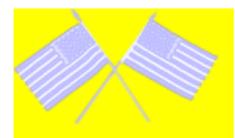
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**From
Debbie's Desk**
Debbie Clark

Hello everyone. Here it is 2008. Happy new year to all. I hope everyone had a wonderful holiday season.

Speaking of holidays, how about that golf cart parade? Was that not something else? We had the grand marshal, who is our own Ken Colen, all the way to Santa and the Marion County's Sheriff Department along with the Friendship Fire Department. The most important contributions to the parade were you, the wonderful residents who worked so hard at decorating your golf carts and participating in the parade. Hopefully, those residents who were home on this day were able to enjoy the parade. I feel we all owe a big thanks to the planning committee for this event. Without them this could not happen. Thank you, Betty Thayer and Mary Curry.

Now on to the good stuff — what is coming up for the month of January. As always I will start with the **Happy Hour** schedule:

- Jan. 4: Sounds of Time
- Jan. 11: Sock Hop Themed Happy Hour with Barry and Nancy
- Jan. 18: The Bontempos
- Jan. 25: Tomaura

Please do not forget about the **Women's Health Luncheon**, which will be taking place in the Health & Recreation Ballroom on Wednesday, Jan. 9, immediately following Kitti's Pow-

er Aerobics. This is a free to event. Dr. Pedro Orta, DC, will be sponsoring the luncheon. If you are interested in registering, please contact the H&R office, Monday through Friday from 8 a.m. to 4 p.m. at 854-8707.

Next on the list is the **High Tea**, which will be held at the Arbor Club Ballroom on Thursday, Jan. 10, from 3 to 5 p.m. We will have traditional tea sandwiches along with scones and pastries and of course the ever-traditional tea. You may register by contacting the H&R office Monday through Friday from 8 a.m. to 4 p.m. at 854-8707. The cost is \$7.50 per person. Please remember your teacup.

The next seminar, also a free event, is the **Look Good Feel Better Seminar**, which is hosted by the American Cancer Society. The American Cancer Society will come and explain the changes that your skin undergoes when you are having chemotherapy, radiation treatments or both. You will be given a free makeup kit and every item in this kit will be explained and how to properly utilize to make you look good and feel better about yourself during this trying time. You may register at the H&R office, Monday through Friday, 8 a.m. to 4 p.m. at 854-8707.

Next on the list is the **Health and Wellness Expo**, sponsored by Munroe Regional Medical Center and On Top of The World. This event will take place on Saturday, Jan. 19, from 10 a.m. to 2 p.m. at the Circle Square Cultural Center.

Many of Munroe's different departments will be available to answer your medical questions. There will also be many other health agencies available to answer questions. We try to cover everything from the top of your head to the tip of your toes. In line with this our own On Top of the World Fitness Department will be providing different fitness demonstrations during the course of the day.

I just have one other item that I would like to mention at this time and that is a new event that is going to take place in the month of February — a **Scavenger Hunt**, which will take place on Thursday, Feb. 21.

We will start at the H&R Building and return there for a picnic of hamburgers and hot dogs along with some prizes in different categories. So many times I have heard residents say, "Well, where is Meeting Room 3 or where is the Arbor Club."

This is going to be your chance to come and locate all of the different amenities that On Top of the World has to offer and hopefully make some new friends in the process and maybe even have a few laughs. This event will begin at 9 a.m. and end when the last person registered arrives back. We hope no one gets lost along the way.

Please stay tuned to Channel 17/19 and look for informational posters as I have more details available. If you are really interested in participating in this event, you may register now at the H&R office, Monday through Friday, 8 a.m. to 4 p.m. at 854-8707.

As always have fun and stay safe!



**Keeping It
Green**
Phillip B. Hisey

Did you remember to cut back on the frequency of watering the landscape with the onset of the cooler winter weather? Even though current restrictions allow once per week watering, depending upon the community you live in your grass and plants may not need to be watered as frequently. Many factors should be taken into account before reducing the run times. How long have you lived at the location, is it a new home or has it been there for longer than one year. If your landscape is older than one year reducing run times gradually in small increments is the best way to reduce run times. Small increments will keep you from creating a severe problem with your lawn and landscape if you don't add enough water. If you do too much at once, waiting on the next run day could cost you your landscape.

Research conducted by the University of Florida indicates that during the shorter, cooler days of winter, grass and plants are growing slowly or not at all. During this time, their need for water is greatly reduced from the long, hot days of summer. Many people never change their automatic sprinkler system to compensate for this change in water needs and water is needlessly wasted.

Established landscape plants and grass can easily go up to two weeks without rain or supplemental watering during winter. In fact, an irrigation system automatically running weekly and additional water provided by rain may actually result in excess soil moisture in the winter, leading to poor health from rotted root systems, and other problems like

fungus.

If you are like many homeowners who feel their irrigation time clocks are too complicated to adjust, then I have a suggestion. It is easy to determine how to turn a time clock off. Don't unplug it, but just turn it to the off position. Now, if your landscape needs watering after two or more weeks due to lack of rain, simply turn the clock on in the automatic mode the day before you're allowed sprinkling day. Since you have not changed the clock cycle, it will automatically run the next day at the normal time.

The crape myrtle or Lagerstroemia indica, is one of the relatively few plants named personally by C crape myrtles are easy to grow and produce a profusion of flowers in many different colors during the summer months. Some crape myrtles are tree form while others are grown as shrubs. There are even dwarf varieties and new cultivars that are resistant to powdery mildew. The flower clusters appear only on new, softwood. They open gradually from bottom to top. If first blooms are removed after they fade, a second bloom may occur. The best time to prune the crape myrtle is late winter-early spring. This provides the new growth required for summer bloom. The plant is also dormant at this time making it easier to shape. There are many studies to suggest the proper pruning method for crape myrtles but the studies do not show conclusive evidence that one way is better or worse than the other. The method I propose for residents to follow is the "pencil pruning" method. Basically you remove all branches smaller than a pencil.

Something else to be concerned with in the landscape that is just starting to pop up on the radar is the Chilean Thrip, a tiny, slender insect with fringed wings.

Thrips species feed on a large variety of sources both plant and animal by puncturing them and sucking up the contents. Chili thrips attack all above ground parts of plants, and prefer the young leaves, buds and fruits. Heavy feeding damage turns tender leaves, buds, and fruits bronze to black in color. Damaged leaves curl upward and appear distorted. Infested plants become stunted or dwarfed, and leaves with petioles detach from the stem, causing defoliation in some plants. The abundance of chili thrips is low in the rainy season, but becomes high during the dry season. Purchasing off the shelf pesticides at the local Lowe's, Home Depot or garden store can easily control your thrip problem. Be sure to read the label and apply the product as specified.

Master the Possibilities Registration Goes Online

The popular Master the Possibilities education program continues to grow by leaps and bounds. We expect several thousand enrollments this year. In order to make class registration more convenient, we have added ONLINE registration. We will continue to take phone registrations and walk-ins. This is simply another way to allow students to register at their convenience!

To register on-line follow these step-by-step instructions:

- Go to www.MasterthePossibilities.com.
- To view classes without registering as a member or student simply click Class Schedule on the menu. Select the month you wish to view. Classes are listed chronologically.
- To enroll for classes online you must be a member. To register as a new member, click Log In on the main menu and then click Register at the bottom of the page. Fill in all blanks on registration form and click Sign Up. As a returning member you will simply click Log In and enter your User Name and Password.
- To register for a class, click Class Schedule in the main menu. Select the month you wish to view. Classes are listed chronologically. Click on the class name. Click Register for this Class. You will notice that on the right

hand side of the screen you can see the number of seats available for the class. If there are no seats available you can click Notify Me and you will receive an email notifying you if a seat opens. If you wish to cancel this class, click Cancel This Class to remove it from your schedule.

To view any classes you are registered for or to make changes to your account, Log In and click My Account. Here you can view or print any classes that you are currently enrolled in. You can also cancel a class at any time.

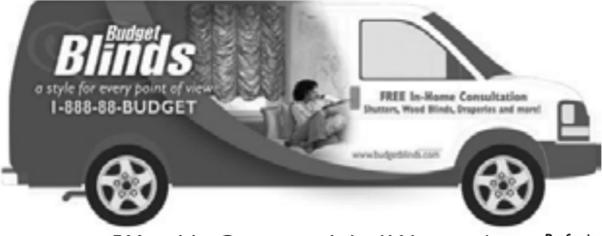
Classes registered for online will continue to be paid for at the Education Office before or at the beginning of the class. If you are an On Top of the World resident, please remember to bring your ID when paying for your class.

If you are registered online and a change occurs to your class, we will notify you via email or by phone. The message will come from the address MTPUupdates@otowfl.com (this is a non-reply e-mail). Please add this to your contacts to avoid notifications going into your junk mail.

Register early — our classes fill quickly! Thanks for your continued support. See you in class!



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Photo by Mary Pat Giffin

The Candler Hills Holiday Party Committee deserves a round of applause for bringing residents together to break bread and dance the night away. Pictured from left are Bonnie Heinrich, Dianne Masterson, Suzette Paquin, Lynda Feld, Joyce Rose, Eve Harvey, Heddy Racinowski and Marilyn Lube.



Candler Hills
Mary Pat Giffin

"Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens." John Homer Miller

Each new year has something magical about it. At the first of January a brand-new year lies ahead of us. It is a bit like "starting all over." Almost everybody has made their New Year resolutions, planning to do everything this new year better than in the previous years.

What better time to learn a new card game, such as bridge, or join your neighbors for mah jongg or bunco. This is also a good time to explore the area with the Excursion Club; or join the Women's network to visit museums and attend cultural events. The possibilities at On Top of the World are endless.

While reading John Podkomorski's December electronic newsletter, for example, I salivated over some of the trips the Excursion Club plans this year: Lake Wales, Chalet Suzanne, Kanapaha Botanical Gardens, Central Florida Zoo and Tarpon Springs are just a few of the adventures the group is mulling over.

If you are interested in participating in the Excursion Club, attend their meeting on Tuesday, Jan. 8, at 6:30 p.m. The growing group is becoming more structured and has initiated dues of \$5 per person for the year. For more information call Diane Podkomorski at 875-9923.

You can also call Diane if you'd like to play

social bridge. This is not tournament bridge and beginners are welcome. Our electronic news wrote it up as "non-judgmental and relaxed." Sounds like a great opportunity for novice and social bridge players alike.

Bridge is played every Wednesday night at the Candler Community Center from 7 to 10 p.m. Several other games are played at the Community Center throughout the week. For example, on Mondays from 12:30 to 4 p.m. you'll find residents playing hand and foot or mah jongg. Tuesday is a new poker night. Mike Krajovich started the group and can be reached at 854-1954. Some play poker on Thursdays at 6:30 p.m.

If bridge, poker and hand-and-foot don't suit your fancy, bunco takes a lot less thinking and provides great entertainment for an evening. Groups play every third Monday and fourth Tuesday of the month. Heddy Racinowski can give you the details. Call her at 861-6120.

As a corporate travel planner for 20 years, Heddy brings a lot of exciting ideas to the community. She's polling women interested in forming a lunch bunch and looking for interest in a Valentine theme party next month. Her involvement in Candler activities has given her a chance to meet a lot of people and she's interested in your suggestions.

Mark your calendars now for some other important dates to remember. Candler Women's Club meets Wednesday, Jan. 9, at 1 p.m. A guest speaker will talk about crime prevention and identity theft. Lynda Feld, president, can be reached at 237-6568. She welcomes Indigo East women to attend, meet new friends and become members.

On Friday, Jan. 18, at 2 p.m. the Candler Connection is holding their organization meeting. RSVP to Bob Davis at 237-9332.

I've barely touched on the highlights of what our community offers to entertain and educate you.

On Top of the World's Master the Possibilities offers sundry courses to enlighten you. Take up something new this year. Learn a language, improve your computer skills, learn to play bridge, take up golf, and be sure to include physical activity in your daily routine.

I'm open to suggestions and ideas to make this column more beneficial to you. Please give me a call at 854-8545 or e-mail me at marypatgiffin@yahoo.com. ☺



Indigo East
Allie Gore

As December 2007 comes to a close, how about taking a few minutes to reflect on the past year? What memories did you make that you will cherish through the coming years? How can you make 2008 a better year?

December is often a month which when past we hardly remember because it is so full of things to do, places to go, people to see, packages to mail, cookies to bake, friends to greet, lots to eat and on and on. I hope your December was filled with wonderful experiences enjoyed with friends and family.

Now the hustle and bustle is over. Take time to make yourself a cup of coffee or tea or have a glass of wine and thoughtfully consider how 2008 can be your best year ever. How time flies!

Don't let another day pass before you remind yourself that we get to live this life only once. When today is gone it is gone forever. Make today and everyday as meaningful as possible. This time next year you will look back on a great year filled with priceless memories! At some point we each realize, it really is true, the way we spend our days is the way we live our lives.

This is also a good time to be reminded that there are many opportunities for each of us to enrich ourselves and the lives of others through volunteering. There are three hospitals in Ocala all appreciate volunteers. Volunteers are also always welcome at Hospice of Marion County, local schools (mentors and classroom), Ocala Civic Theatre, Appleton Museum ... the list goes on and on. If you want to stay closer to home consider participating in the community emergency response team or community patrol. Adopt a pet, volunteer

with the Humane Society or at one of the animal rescue organizations in our area. Visit a nursing home. Here is an easy one for you. Please consider becoming a blood donor; there is always a need for blood. The process is easy and the personal satisfaction is unmatched.

We are so fortunate to live in a wonderful retirement community in a beautiful area that offers so many things to do. By all means take time for the fun things you enjoy and love to do and consider giving back to our community through volunteering.

Our final social gathering for 2008 was the Dec. 9 holiday party hosted by Jenny and Bob Stockli, assisted by Dianne Ryan, Ben and Barbara Martyn. Joyce Gysen, one of our resident artists, created a festive beautifully decorated environment. Neighbors enjoyed a sit down dinner provided by Friendship Catering, door prizes donated by neighbors and others and music by DJ Revind. Everyone had an opportunity to "shake a leg. Everyone had a great time!

Now on to 2008. Mark your calendar.

These are the dates scheduled for our community social gatherings in 2008: Feb. 16, April 13, June 21, Aug. 17, Oct. 18 and Dec. 13. Neighbors plan these events. You are invited to help. It is a great way to get to know neighbors and have fun at the same time. Call or e-mail me if you would like to join in on the planning.

Another reason to mark your calendar. Note the new schedule for 2008 blood drives held inside our community center. The first Tuesday of even numbered month's the blood drive will be inside our community center: Feb 5, April 1, June 3, Aug. 5, Oct. 7 and Dec. 2.

If this does not suit you the bloodmobile will be in the parking lot at the Health & Recreation Building the first Monday of odd numbered months: Jan. 7, March 3, May 5, July 7, Sept. 1, and Nov. 3. Thank you!

Be on the look out for announcements here and in e-mail's about the Ladies Luncheons, Game Nights, First Friday's, the Lunch Bunch, book club, blood drives, exercise classes and other information of interest to Indigo East neighbors.

Another "please note" there will not be a First Fridays gathering in January. Feedback indicates many neighbors will still be recovering from the holiday season. Feb. 1 will be the First Friday we gather in 2008.

If you have something you would like to share with neighbors through this column please contact me indigo8062@earthlink.net or 861-4564. Until next year, remember, enjoy life this is not a dress rehearsal. ☺

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Bloodmobile
Don Pixley

We are very happy to report the last drive, Dec. 3, netted our year-long record. Forty-three donors reported we had only two deferrals. This is a great record and I guess we have been working on our iron readings! Three contributed to ALYX. This procedure selects red blood cells allowing the donation to go even further.

However, gratifying as the number of donors was that reported last time, the need never ceases. In other words, we are never satisfied. Our community is growing every day and the number of potential donors increases accordingly, but so to does the need for blood!

Just a few moments of thought, gee, it only takes an hour to donate, why shouldn't I run over to the Big Red Bus and help a friend or even a complete stranger to a speedy recovery or perhaps even save ones life. The mini physical could even be beneficial.

Donating blood may save your life as well. Research tells us that donating just three times a year can dramatically reduce the chance of a heart attack and certain types of cancer in men. Women lose blood through menstruation and men store much higher levels of iron. Regular donations help keep the level of iron at a satisfactory level. But, let's not let three donations limit the number of times we donate.

The list of donors is fairly constant each time and it would be great if each would bring a friend or neighbor along. Just enlighten the prospect of the ease of giving and how great the rewards!

Those reporting for donations in December are: George Borgia, Nancy Burchill, Margitta Claterbos, Robert Combs, Harold Corwin, Pier DiFrancesco, Henry Erikson, Nancy Erikson, Clayton Hargrove, Joy Harter, Henry Hawkins, Donna Ireland, Richard Kaminske, Judith Kane, Ruth Kinney, Melvin Klosterman, John Kreps, Edward LaLonde, Glenda Lins, Thomas

www.OnTopoftheWorldInfo.com

McHaffie, Karen McNeeley, Suzanne McLam, Dorothy Metcalf, Claudette Moher, Kathleen Mullen, Luke Mullen, Marie Munroe, Jeanne Nicholls, Don Pixley, Joyce Pixley, Joan Rappa, Barry Ripple, Marie Roppel, a 20 gallon donor, Charlotte Rother, Hubert Rother, Lorraine Rourke, Bruce Roxburgh, Alvin Savage, Hedy Schamal, Florence Soens, has reached 11 gallons! Harold Stanley, John Strauss and Sylvia Willoughby.

The Florida Blood Centers are the sole supplier of Marion County hospitals!

Please help us set a new high when Feb. 4 rolls around. Let's all join to make 2008 a record year. We can do it. See you at the Big Red Bus that will be parked at the Health & Recreation parking lot! ☺



Republican Club
Tony Tortora

Here is the current calendar of events for the Republican Club:

- Jan. 11: Guest speaker Commissioner Charlie Stone will brief the members on the state of the county.

- Feb. 8: The guest speaker will be a candidate for county sheriff, Paul Truesdell. There will be a no cost picnic of hot dogs, potato chips, soda and coffee, and a sweethearts Valentine cake.

- March 14: Commissioner Stan McLain has been invited to be the guest speaker.

- April 11: Candidate school superintendent Jim Yancey will join us for the Jim Yancey Pizza Party.

All meetings are held on the second Friday, at 7 p.m., in the Arbor Conference Center. If you are a Republican, you should join the club and meet these candidates who represent you. Several other elected officials and candidates will be at the meetings.

The presidential primary will be held this month. For less than 30 minutes of your time, you can vote in your precinct polling place right here in On Top of the World. It is your right as well as your responsibility to vote. Start the New Year right by casting your vote. Happy new year to all. ☺



Democratic Club
Lee Wittmer

The Democratic Party has long been called the "party of the people." Our members, it would appear like most Americans, have many questions about and dissatisfaction with the current operation of our democracy.

In keeping with our Democratic principles we will have a "town hall meeting" on Jan. 15 at 7 p.m. in Suites E and F of the Arbor Conference Center, with refreshments at 6:30 p.m.

Members and those folks interested in our club will have an opportunity to put forth questions concerning the operation or lack thereof, of our representatives in federal, state or local government.

Our speaker for our meeting in February will be Ben Wilcox, executive director of Common Cause of Florida. In his position as executive director he is responsible for repre-

senting the position of Common Cause before the Florida legislature on a variety of issues including election reform, campaign finance reform, open government, reapportionment and ethics reform

Please be a part of the election process. Make freedom count ... vote!

There is a primary election on Jan. 29. Also on the ballot is a proposed change in the state's property tax system. To become a law the proposal to be voted upon must win approval of at least 60 percent of the people who vote. Voters can help decide — doubling of the \$25,000 homestead exemption; allowing homeowners to transfer their save our homes savings when they move; imposing a 10 percent cap on property assessment increase for non-homestead property.

There are some important dates:

- Early voting days are Monday through Saturday, Jan. 14 through 26.

- Absentee ballot requests must be at the election office by 5 p.m. on the sixth day before the election; request an absentee ballot by e-mailing absentee@votemarion.com, phone 620-3290 or at the election office, 402 S.E. 25th Ave., Ocala.

- Return of absentee ballots: completed ballots must be returned to the election office before 7 p.m. Jan. 29.

It should be noted that once you make a request with the election office for a specific election, it is not necessary to make an additional request.

Again, please vote on Election Day if you do not vote at early voting or by absentee ballot. The polls will be open from 7 a.m. until 7 p.m. All voters must show ID, which contains a photo and signature.

If you have any further questions you may call Lee Wittmer at 861-2479. ☺

Election Update 2008

There will be three elections in 2008.

- Jan. 29: Tax referendum
- Aug. 26: Primary
- Nov. 4: General

There are three voting precincts at On Top of the World:

- 4090 and 4091 located at the Arbor Conference Center;
- 4100 located in the Card Room in the Arts & Crafts Building.

Verify your precinct prior to election day; it will expedite the voting procedure.

The phone number of the supervisor of the election office is 620-3290. ☺

LifeSouth Blood Drive

By DIANA MORGAN

A happy, healthy 2008 to all. Our On Top of the World Communities are the greatest. Thank you for giving to those in need. The need never ends.

On Tuesday, Feb. 4, the bloodmobile will be at the Indigo East Community Center from 7:30 a.m. to 2 p.m., again serving donors from all neighborhoods.

Please mark your calendar for the new schedule.

We will know the identity of the lucky winner of the 2008 Chevrolet Cobalt. Donors will receive several recognition items and a cholesterol screening. ☺



Deadlines:

Classified ads: 13th of the month

Articles: 14th of the month

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Invasion Of The Emerald Isle (Part 3)

By BOB WOODS
WORLD NEWS WRITER

As you recall in last month's issue of the World News, our tour group returns to Killarney where after a fantastic supper most head out in the town for either a walk or to visit one of the local pubs. Many of the pubs offer a bit of Irish flare such as music or musicians and vocalists singing Irish ballads. Again after a belly stuffing breakfast our baggage is again loaded aboard the coach as today we head north. Our ultimate stop is Galway for the next two nights, our last major stop before heading home.

We travel north through some scenic country and glimpse old ruins. We had been told before by our guide/driver Con that these ruins date back into the middle 1800 when the potato famine took place. These were the homes of those fleeing Ireland because of the lack of food, particularly potatoes, as this was the staple food at that time.

The houses and small barns were constructed out of stones gathered in the fields and had thatched roofs. These folks were all peasants staying on large farms and when they couldn't pay their rent for the land used they were generally evicted.

Having no crops to gather and money to feed themselves and families these peasants headed elsewhere looking for better life and opportunities. Some went to the Irish seaside while some went to other countries particularly the United States. Most headed toward Cobh which at that times was the largest seaport where these folks could immigrate to other destinations.

A lot of these peasants never made it to the coast. They died on the way and since many never had any type of identification and were miles from their home, the bodies were never identified. In some cases these individuals were buried in mass graves and others were buried with just a small unmarked stone placed on the ground to mark there was a body interned below.

These stone houses were then abandoned by their owners when the peasants moved on. Since they could not pay their taxes to the landowner that landowner would smash in one wall and burn whatever would burn, prohibiting the inhabitants from ever returning. You see these ruins all over Ireland and in some areas they are in abundance.

We head north and we stop in a picturesque village called Listowel where the ruins of an old castle is situated right in the center of the community. Most of our group take a walk around town while some of the ladies look for shops to do a little shopping, for what I have no idea. It seems some of the ladies on our tour have to browse in every shop they encounter; sometimes they come out of a shop carrying a small bag.

Others look for the local bakery, purchasing some little homemade snacks while others, particularly the men, just stroll around looking at everything and purchasing nothing.

Departing Listowel we head farther north toward the community of Tarbert where we will cross the River Shannon estuary. Con made sure the coach would be on time as the ferry, as was published, runs hourly after the first of October. We arrived at the ferry landing early just to see the ferry departing and after Con went into the office he discovered to his delight, that the ferries are still running on their summer schedule every half hour. Traffic has dictated the change since the weather has been so nice increasing traffic crossing the river.

These ferries hold quite a few vehicles and the heavy vehicles such as coaches and trailer trucks are placed in the ferry's center while automobiles are lined up along the sides. These ferries remind me of the old navy landing craft where the bow ramp is lowered allowing vehicles to depart or enter, only these ferries have those ramps on both ends.

We cross the river while most of the travelers depart the coach and view the crossing from the upper side decks. Each ferry has a snack bar and some of our gang purchase coffee quenching that morning thirst or last wake-me up.

Reboarding the coach Con states that from this point we would be traveling the coast road of County Clare heading for the Cliffs of Moher, our next scenic stop. The shore road offers many gorgeous views not only of the sea and shoreline but the farms and hills leading toward the shore. We move slowly in one spot as Con tells us the cliffs that come into view were the beginning of those famous cliffs.

Arriving at the cliffs we could see throngs of people going up both sides on this valley, which is situated right between some of the cliffs. Mind you, this valley is not at sea level but hundreds of feet from the pounding surf that lies below. The highest point of the cliffs is almost 700 feet above the Atlantic. The Cliffs of Moher are a popular tourist attraction and are one in ten sights in Ireland that are visited by most.

Situated at the highest point of the cliffs is O'Brien's Tower, which stands majestically as it dominated the horizon of the land and sea. The local government has erected a safety wall to help prevent those wanting to see the bottom of the cliffs to get too close to the edge from which a fall would mean certain death. Many have slipped or plainly jumped from the cliffs in the past. This is the reason for the wall. These cliffs are some of the highest in Europe.

The cliffs are really something to see. Not only are the cliffs a tourist destination but a destination area for many cliff-nesting seabirds including the famous little pretty puffin. The area is designated a refuge, including cliffs, the grassland and heath on the top, plus an area of open sea directly in front of the cliffs to protect the bird's feeding area. There is a nice unique visitors' area housing many interactive exhibits and displays about the cliffs. The views from the cliffs are breathtak-



Photo by Bob Woods

Travelers from On Top of the World visit Dun Aengus, a fortification dating back to 1,000 BC on the island of Inis Mor, located off the western coast of Ireland in Galway Bay. The fort is perched on the top of a cliff 300 feet up from the crashing surf of the Atlantic below.

ing, especially on a nice clear day, as it was when we visited the Cliffs of Moher. We could see miles seaward including the Aran Islands, which we were scheduled to visit the next day, Galway Bay and Galway City.

Boarding our coach again, which seems we are always either getting off or on all the time, Con tells us we were heading to Galway for a two-night stay but before reaching that destination we are going to visit some of the Burrens. Burren is an Irish word literally meaning bleak area. The Burren is an exciting area to visit and I found out that it is one of the top attractions to see in Ireland. I can't imagine that as the bizarre landscape is certainly bleak, nothing there but scarred a limestone plateau that is often falsely compared to the surface of the moon.

Traveling along the shore road with Galway Bay on one side and nothing but rock for as far as the eye could see, the narrow windy road zigzagged around rising mounds of rock. I understand that since this is a top tourist destination that it is advisable, if at all possible, to view this area not during the summer months when tourist coaches and automobiles clog the road.

Very little of anything grows here except here and there in a few crevices and very few people live on the Burren. That's what makes it a great destination, one experiencing total loneliness and desolation. Con stops the coach in a viewing area, allowing folks to walk a little on the Burren and take a short walk toward the sea.

Traveling around the shore of Galway Bay

there are some great scenic views with the sea to one side and the Burren on the other. We finally reach our hotel in Galway after a short city tour. We are all tired and hungry. In the morning we head to the Aran Island of Inis Mor. Galway is the capital of the west of Ireland.

Again we arise, have a good breakfast, board the coach and we are off again heading to the seaside village of Rossaveal where we board a ferry taking us across a portion of Galway Bay to Inis Mor, the largest of three Aran Islands. The ferry is a passenger-only vessel and there must have been hundreds of passengers, most of them tour groups. Arriving on the island, which is not that large and only 800 or so residents and most of them are involved in the tourist industry some way or another.

We tour the island in mini buses, the largest vehicles on the island. Our driver told us that he was very familiar with the United States as he was a bus driver in Boston for 10 years. Noticing how he drove on the island, I must say he was a Boston cabbie, not a bus driver. I mentioned this to him at one of the stops and he just chuckled.

Here on the island and portions of Ireland near Galway speak Gaeltacht, not English. Con told us that every student in the Irish school system learns their native tongue so as not to lose their heritage. Of course, they will speak English back to you but when they are speaking together, the native language is spoken.

The roads on the island are extremely narrow, more like sidewalks than roads. The bad

thing is there are not many places to pull over to the side allowing any type vehicle to pass. Our island driver told us that during the summer months during the height of the tourist season most of the roads are practically impassable.

He told us that bicycles, which can be rented at the pier or on the mainland, number sometimes more than 1,500. He added that you have our little tour buses, a few cars, hundreds and hundreds of bikes and horse-drawn carts on these narrow roads, one can be stuck for a period of time. He added it was mass confusion.

One item that has made the Aran Island of Anis Mor famous worldwide is the Aran Woolen Sweater. The Aran Sweater takes its name from the island where it originated many generations back. It is often confused as being called an Irish woolen sweater. Each family had its own particular pattern in the sweater and by someone in the know could identify who the sweater belongs or what family knitted the garment. The sweaters by the way are water repellent. The sweater can absorb 30 percent of its weight before the wearer feels wet. I was informed that the natural wool used to make these sweaters contained some lanolin and along with the natural wool fibers which are breathable making the garment water repellent.

The sweaters themselves originated from each family designing their own stitches and these trademarks have been linked to clans. Most of the islanders back centuries were either farmers or fishermen. They wore these sweaters to keep both warm and dry. When fishermen would be lost at sea and upon his body being returned by winds, currents and tides to the islands sometimes the body could not be identified. Looking at the sweater and knowing who was missing then the body could have an identity.

The sweater is a craft containing up to approximately 100,000 carefully constructed stitches and could take as long as 60 days to complete. Many stitched reflect Celtic Art while other could depict a particular clan.

Returning from the island after a walk around the small town and having a little liquid and solid food refreshment as supper this evening would be late because of the ferry service back to the mainland from the island. Dinner is served and the food is very good, as was all the food served during our tour at the hotels and the guesthouses. It is hard to believe that 10 days have slipped by so fast in the wink of an eye. I was just getting used to everything and now in the morning it is time to be taken from Galway to Shannon Airport and our early morning flight back to the states. Where did time go?

I will admit the trip was fantastic and we had good food, good lodging, an excellent tour guide/driver and the weather for the most part was some of the best weather Ireland has had in months. Indian summer was surely with us and of course I mentioned this to all that I had planned it this way. Boy was I ever lucky. I believe everyone had a good time.

All in all, I thought the trip was great and the feedback by those I have encountered that were on the trip all agree. I'm just sorry it had to come to an end. ☺

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Fitness Happenings
Cammy Dennis

A New Year Can Mean a Whole New You!

Happy new year to all! Hope and optimism abound here at the Health & Recreation Center as we continue to provide facilities and programming to help you reach your health and wellness goals. A new year can mean a whole new you! It's never too late to make a commitment to improve your health, and this is the perfect time to embark on a wellness journey! Let us be your guide on this adventure. We have experienced professionals to show you the way! H&R has numerous programs to help you reach your fitness goals; whether you're going to train to walk a half marathon or you want to improve your ability to accomplish activities of daily living, we have something for you. At a glance here are some of the exciting fitness happenings coming your way:

- A brand new aerobics room! A brand new floor and freshly painted walls will have you exercising in your favorite classes with greater comfort and ease. We have gained some space as well as laid down a new floor designed specifically for exercise to aid in shock absorption and mobility.
- A renovated and updated fitness center! We are very pleased to be adding four new recumbent bikes to our fitness center. We are hopeful that these will arrive by the start of 2008.

New Classes and Programs

- Absolutely Abs class on Tues and Thurs from 10 to 10:30 a.m.
 - Balanced Body class now comes to you on Fridays as well as Mondays and Wednesdays!
 - Let's Dance class now twice a month! Held the second and fourth Thursdays of the month.
 - Healthy Living Seminars the first Tuesday of every month (first one scheduled for Jan. 8).
 - Feel Great in 2008: Six-week comprehensive life style management course.
 - Fitness Walking in Shalom Park, every Tuesday at 9:30 a.m. starting Jan. 15.
 - Small Group Personal Training, affordable options to train with a friend(s).
- Special Events
- Fabulous Friday: Don't miss this very exciting special class at H&R on Jan. 18 at 10:30 a.m.

RECREATION CENTER FITNESS SCHEDULE

HEALTH AND RECREATION CENTER GROUP EXERCISE SCHEDULE

EFFECTIVE JANUARY 1ST 2008

*DENOTES A FEE BASED CLASS

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------|--------------------------------------|--|-----------------------------------|--|-----------------------------------|--|
| 7:15 Aerobics Room | Oxycise 20 min. Video Mary Pat | Oxycise 20 min. Video Cammy | Oxycise 20 min. Video Donna | Oxycise 20 min. Video Cammy | Oxycise 20 min. Video Cammy | Oxycise 12:15 20 Min. |
| 8:00-8:50 Aerobics Room | Cardio Mix Mary Pat | Condition & Stretch Cammy | Cardio Mix Donna | Condition & Stretch Cammy | Cardio Mix Cammy | Sunday Oxycise 12:15 20 Min. |
| 9:00-9:50 Aerobics Room | Circuit Burn&Firm Mary Pat | Tai Qi Po* Frank | Circuit Burn&Firm Mary Pat | Tai Qi Po* Frank | Circuit Burn&Firm Mary Pat | |
| 10:00-10:30 Aerobics Room | Balanced Body Mary Pat | Absolutely Abs Howie | Balanced Body Mary Pat | Absolutely Abs Howie | Balanced Body Mary Pat | |
| 10:30-11:15 Aerobics Room | Light Aerobics Mary Pat | Healthy Living Seminar 1st Tuesday of the Month | Light Aerobics Mary Pat | Feel Great in 2008* Lifestyle Management Course 1/17 - 2/21 | Light Aerobics Mary Pat | |
| 10:30-11:15 H&R Ballroom | Power Aerobics Kitti | | Power Aerobics Kitti | | Power Aerobics Kitti | |
| 12:00-1:00 Fitness Center | | Cybox Orientation Howie | | | | |
| 12:15 Aerobics Room | Oxycise 20 min. Video | Oxycise 20 min. Video | Oxycise 20 min. Video | Oxycise 20 min. Video | Oxycise 20 min. Video | |
| 12:00-1:00 Fitness Center | | Cybox Orientation Howie | | | | |
| 3:00-4:00 Aerobics Room | Your New Power* Howie | | Your New Power* Howie | | | |

*NEW: Absolutely Abs and Healthy Living Seminars

- On Top of the World Health Fair at the Cultural Center on Jan. 19 from 10 a.m. to 2 p.m.
- All group exercise classes are FREE the week of the On Top of the World Health Fair! (Jan. 14 through 18).
- Half Marathon Walk in Gainesville on Feb. 24. Call Cammy Dennis for details at 854-5198.

Please come by the fitness center at H&R or call us at 854-5198 to get more details on any of these programs and events. We are always available for assistance and would welcome the opportunity to help you with your New Year's resolutions to get fit!

Please take note of the following important information:

Some of our group exercise classes are fee-based, which require a Fitness Pass. These passes are available for sale at H&R and the Arbor Club. The pass is \$25 and entitles you to 13 classes. Our group exercise schedules denote which classes are free and which ones are fee-based.

All classes will be offered free in conjunction with the Health Fair the week of Jan. 14 through 18. This is a great opportunity to try some of our fee-based classes at no charge!

You can get group exercise schedules at the Information Desk at H&R as well as at The Arbor Club.

There is a fee required when bringing a guest in to use the fitness center. Please see the fitness attendant on duty to assist you with guest passes. They can provide you with

a complete fee schedule to accommodate daily, weekly or monthly passes.

We look forward to supporting all residents in attaining their health and fitness goals this year. If you have any questions or if I can be of assistance don't hesitate to ask. Make 2008 the year to feel great! ☺

Magic Touch Salon

Lisa
Michele
Alice
Teresa
Amanda
Nancy
Suzie
Debbie
Judy
Dafney
Nelly

Welcome Nelly

Nails by Dafney

Friendship Center at OTOW Entrance 854-2111

Feel Great in 2008!

Let the Fitness Department help you reach your health and fitness goals this year. Every Thursday, starting Jan. 17, from 10:30 a.m to noon, you will:

- Participate in small group exercise classes led by multiple instructors.
- Discuss lifestyle modifications to better manage your food choices.
- Score points for weight loss and other accomplishments.
- Prizes awarded to the top three achievers.

Sign up now at the Fitness Desk at H&R Fitness Center for the six-week program.
The cost is \$50.

Fitness Walk

Join residents for Winter Fitness Walking in tranquil Shalom Park
Every Tuesday morning, from Jan. 15 through April 1, residents are gathering at Shalom Park for exercise, to enjoy the beauty of nature, and to make walking buddies, while raising their spirits.
Hope to see you there from 9:30 to 10:30 a.m. No sign up necessary.

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Photo by Sandra Marraffino

The yellow rumped warblers are winter visitors to birdbaths and feeders.



Birders' Beat
Jane Callender

It is January again! The Unique Birders will meet at 1:30 p.m. Tuesday, Jan. 15, Suite H of the Arbor Conference Center. There is still time to volunteer for the Audubon Christmas Bird Count. Please call Norm Lantz at 854-5713 if you would like to help. When we meet on Jan. 15 we should have reports on the December and January bird counts.

JoAnne Leigh made arrangements for our November field trip. Lunch was first this time and then we toured Owls of Ocala. Last March

we had a program by Keith Belisle and Kenneth Lane, president and vice president of Owls-Ocala Inc.

We looked forward to visiting their animal (mostly birds) rehabilitation center. This is a very interesting tour. They give tours by reservation on Wednesday and Sunday afternoons. Their phone number is 895-0451.

Our January program will be the second half of the Audubon video "Small Songbirds," presented by Mary and David Carter.

Roberta Campbell and Carole Rao will lead the January field Trip. The definite place, date and time will be announced at the Jan. 15 meeting. For further information please call Roberta Campbell at 854-4814, or me, at 861-2983.

The accompanying picture is a yellow rumped warbler; the photographer is Sandra Marraffino of Dunnellon. This bird is regarded as the most abundant and widespread North American warbler. The yellow rump is present in nearly all plumages and most birds show at least a faint yellow wash on the flanks.

The female builds a cup shaped nest of twigs and stems lined with feathers, usually high up in a conifer. She lays four or five white eggs, spotted with brown and gray, often with two broods a year. The yellow rumped warbler (nick named "butter-butt") is found across the north in summer and spends the winter in the south and Central America.



Nature Around Us
Marion-Alice Burke

We, here in Marion County, can be proud that the Marion County Farm Bureau with its board of directors, committee members and volunteers have kept the President's Award (four years in a row) and awards for Women's Achievement, Young Farmer and Rancher Achievement and County Recognition for all five categories! That's not only in On Top of the World, but many Marion County Farm Bureau folks who have been so instrumental in supporting the needs and information regarding what we citizens and taxpayers need to maintain a healthy, bountiful, beautiful and cooperative way of life here in Marion County. This is truly a win/win situation. I'll keep you all informed about the latest great accomplishments the Marion County Farm Bureau has made for us and will try to keep every one of us up to date on the progress. If anyone reading this article has any questions about our Farm Bureau, please don't hesitate to contact me with your questions at nutmeg02226@msn.com, enter the subject info as "Nature" and I'll be happy to find an answer for you.

Are you ready for some great information regarding bonsai? Well, here is something that hasn't been offered at On Top of the World before! On Wednesday, Feb. 6, the Marion Bonsai Society will present The Beauty Of Bonsai at the Education Center, opening at 10 a.m. On Thursday, from 10:30 a.m. to noon, there will be a workshop/demo on "The Life Stages of a Bonsai" given by David VanBuskirk. On Friday, Feb. 8, from 10:30 a.m. to noon, Barbara Chapman and Isabel Satlow will present a workshop/demo as they create a beautiful Penjing Landscape "Land and Water." Peter Wood will

conduct class lectures Wednesday, Thursday, Friday at 1 p.m. and on Saturday at 11 a.m. on "Bonsai Basics" and "Bonsai, A Living Art." All these demonstrations and lectures will be held in Classroom 1. There will be docents and experienced members available to answer your questions and explain the various styles, where the trees come from, etc. as they walk you through the display of our beautiful Bonsai exhibit. There will be drawings for door prizes each day. The entire effort will be free, yes free! So if you've ever had any problems with a tree or been given one for a present and had it expire, this is the time to attend and learn an entirely new concept of what is involved with "Bonsai" ... which means "tree in a dish" and is correctly pronounced "bone-sigh." After you've seen and heard all that we have to offer, please let me know what you expected to see and learn and your opinions.

That indefatigable lady, Kathy Patterson, a Master Gardener and program coordinator for Florida Yards and Neighborhoods in Marion County, will continue her lectures about Perfect Plants for Marion County on Jan. 15 from 9:30 to 11:30 a.m. On that same day from 1 to 2:30 p.m., Kathy will show pictures and tell you all about Florida's Botanical Gardens. Why not make a day of it, hear Kathy's first lecture, have a delicious sandwich and beverage at Sid's Café, then attend her second presentation? Sounds good to me! In February and March she will be available again, so watch for notices in the Master the Possibilities book for more news regarding Florida's Friendly Landscaping guru. Either phone the Education Office located in the Circle Square Commons Town Center Monday through Friday 8 a.m. to 5 p.m. or call 861-9751 or just stop by for information and to register for classes.

Please don't forget about our lovely birds this winter. They still appreciate food and water availability when the summer bugs and seeds aren't around anymore. Believe it or not, I still had a little male hummingbird at the two small feeders I left up for the "late leavers" but being so busy the last few days, I'm not sure if he's still with us. The butterflies are still in abundance and the monarchs in particular are busy laying eggs on the underside of the milkweed leaves. The zebra longwings, sulphurs, skippers and various swallowtails are still flitting around and giving all of us such pleasure. Amelia, our cocker spaniel, enjoys watching birds and butterflies as well as being a great helper in her Master Gardening efforts.

Tom, Amelia and I wish all of you folks a very happy, healthy and loving new year and I always enjoy hearing from you interesting readers. I learn from you folks also and thank you for your comments on my articles!

Camellias in Bloom at Annual Show in January

The annual Ocala Camellia Show, presented by the Ocala Camellia Society, will be held Saturday and Sunday, Jan. 26 and 27. The show is open from 2 to 5 p.m. on Saturday and from 1 to 4 p.m. on Sunday. It will be held at the Pioneer Garden Club at the Appleton Cultural Complex, 4331 East Silver Springs Boulevard (SR 40).

There is no admission charge for the show, and all are invited to the two-day showing. Weather permitting, up to 2,000 camellia blooms will be on display and judged in competition. Numerous awards will be given to those having selected flowers. Many attendees update their "wish list" when they see the lat-

est camellia blooms as well as the time-honored standard varieties.

The public is also invited to enter their best blooms in the show, and entries are accepted from 7 to 10 a.m. on Saturday, Jan. 26 (the earlier the better). All flowers entered must conform to American Camellia Society show rules, and Camellia Society members will be on hand to assist those who have never entered a flower before.

Anyone interested in entering flowers can call Ocala Camellia Society president Patrick Andrews at (352) 595-3365 (e-mail patrickandrews@att.net) for more information.



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Native Plant Club
Ron Broman

If you recently walked the On Top of the World Longleaf Pine Trail, as I did, you may have noticed the profusion of Golden Asters. The feathery, white seed heads filtered the rays of the early morning sun, anticipating the golden progeny two years hence.

Could this explosion of seeds be more evidence for the harsher winter theory — the one David Holmes wrote about in the Star-Banner, Nov. 30?

He titled his article, "Can Acorns Forecast the Weather?" and wrote, "It's a widely held notion [that] an abundance of acorns is often a precursor to a cold winter." (1)

The thinking seems to be that somehow the plant "knows" that a "killer" front is imminent so it produces more flowers, which in turn produce more seeds to compensate for the anticipated loss.

For some reason, that really sounds far out to me. I can't imagine a scenario that allows for a plant to sense weather patterns up to nine months in advance.

David did say that a "long-term weather forecast [this year predicted] an average win-

ter for north and central Florida." However, the Old Farmer's Almanac called "for a cooler winter than normal" including "freezes for the Central Florida area in early to mid-December and in mid- to late February."

I reasoned that if that were true, there must be other plants capable of such prognostication, and the Golden Aster might be one, until I read this: "Golden Aster, *Chrysopsis scabrella*, is a biennial herb." (2) Now I knew biennial means two years; but I checked the dictionary anyway, and sure enough it can mean several things: "1. occurring every two years. 2. continuing or lasting for two years and specifically growing vegetatively during the first year and fruiting and dying [and seeding] during the second." Obviously this is our crop's second year. That's why I didn't see the profusion of seeding plants last year; or did I just not remember?

Now I was intrigued. Can plants predict the weather? I didn't think so, but am open minded.

Some plants, it appears, can predict weather in the short term. "Chickweed, dandelions, bindweed, wild indigo — all fold their petals prior to rain."

"Some fungi, e.g. Rainstars, can accurately forecast certainty of wet and dry weather." (3)

But what about predicting the long term? In my brief searching of the Internet, I could find no reference to any research showing that the number of seeds produced by a plant was a predictor of the future weather. Only in David's article was it said to be "a widely held notion" concerning acorns.

Perhaps we're asking the wrong questions. Perhaps we should be asking about trends in weather and the ability of plants to adapt.

Unanswered questions: seems there are a lot of them out there.

Then there's the whole area of dispersal. Acorns fall and stay unless some transmitter, namely critters like squirrels, removes them to another spot — e.g. our garden.

Other seeds, Golden Aster for example, are dispersed by the wind and wind up widely dis-



Photo by Ron Broman

Golden Asters, *chrysopsis scabrella*, seeds the Longleaf Pine Trail.

tributed.

The bottom line, no pun intended, is whether the seed winds up on the pavement smushed by a car or in an open, friendly patch of soil. After all, the whole purpose for a plant's existence, from the plant's perspective, whether it can predict the weather or not, is to pass along its genes, a healthy set I might add, to the next generation.

I still can't help wondering if plants can sense, over a long period of time, trends in weather patterns. If so, can they adapt fast enough to survive? I guess we'll find out eventually. At least somebody will.

To help us celebrate the New Year, Tom Miller, our resident insect man, returns; but

this time in his Spider-Man outfit. All you folks who think you have arachnid-phobia, are in for a pleasant surprise. Our Native Plant Club meets on Wednesday, Jan. 9, at 1:45 p.m. in Suite H of the Arbor Conference Center. Come join us and discover the joys of Growing Native.

(1) *Can Acorns Forecast the Weather?* An article by David Holmes, printed in the *Ocala Star-Banner*, Nov. 30, 2007

(2) *Florida Wildflowers in Their Natural Communities*, by Walter Kingsley Taylor, University Press of Florida, 1998.

(3) *Webster's Ninth New Collegiate Dictionary*

(4) *ESPERE-ENC — working area — preliminary unevaluated Web sites.*



Irish American Club
C.M. Casey

PHRASE: Athbhliain fao mhaise dhuit

PRONOUNCED: ought-bleen fwee may-sheh dwit

MEANING: A prosperous New Year to you!

As we are going to press 162 people planned to attend our winter event at the Health & Recreation Ballroom on Dec. 13. With good food, good friends and singing Christmas carols, one could not ask for more

The days seem to be flying by and before you know it we will be getting ready for our biggest event, which is St. Patrick's Day. More on this event will be in next month's column.

Traditions to bring good luck for the New Year can be superstitious; however some have been around for hundreds of years.

Many believe that a tall dark man

crossing your doorway is a sign of good luck but if the first person to come through your door is a red headed woman, the year is sure to be stressful.

Banging on the walls and doors with old Christmas bread chases the bad luck out and brings good spirits to the household with the promise of enough bread for the New Year.

Others involve house cleaning — brushing the bad luck of the past out with the dust. Holding a piece of silver or gold as the New Year begins is said to increase the chances of prosperity in the coming year, others place a silver coin over the doorway or a penny on the windowsill.

Some have the youngest male in the family light a candle at dusk on New Year's evening and burn it through the night until morning. This comes from

a Celtic tradition of lighting bonfires to keep the evil spirits away.

It is our hope that whatever tradition you follow will bring you health, happiness and prosperity in the New Year.

One of the last stops in Ireland we made was the Aran Islands. The Aran Islands are a group of three islands located at the mouth of Galway Bay, on the west coast of Ireland.

The largest is Inishmore, also known as Aranmore, the second largest is Inishmaan and the smallest is Inisheer. They are administratively part of County Galway.

The islands are the home of the Aran sweater, which has gained world-wide appeal during the course of the 20th century.

At the turn of the century and throughout his life one of Ireland's

leading artists, Sean Keating, spent every year on the islands, translating onto canvas all the qualities that make the inhabitants of these islands so remarkable. Most jobs are in the fishing or the tourist industry.

Islanders differ in their attitudes of visitors. Most can be friendly but because they want to preserve their cultural traditions they are occasionally distant. It is only recently that the islands have had reliable electricity and communications. Television has only been available since the 1980s; many of the young islanders leave the island when they come of age.

From all of us at the Irish American Club, we wish you a happy New Year.

Until next time "May your troubles be few and your blessings be more." ☺

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the Trainer
Howie Williams**

Happy New Year! 2008 is here and the opportunities at the fitness center are the best ever to make those changes to improve your quality of life. That's why we have implemented the following:

Feel Great in 2008

It is a comprehensive lifestyle management program starting Jan. 17 to kick-start your new year. We meet every Thursday 10:30 a.m. to noon. It features the following.

- Weekly exercise classes led by multiple instructors including yours truly.
- Lifestyle management discussions
- Nutrition and exercise logs
- Score points and win prizes

Half Marathon Walk Feb. 24

· We give you the training regimen to make it

- It's a great way to get in shape and a positive goal for the new year
- It's an achievable goal for most who can walk 30minutes now
- It is in Gainesville and get info to sign up at the fitness desk

· We walk together, but if Cammy runs I'm chasing her.

Absolutely Abs Class

· 10 to 10:30 a.m. Tuesdays and Thursdays starting Jan. 3.

- Class dedicated to working the core muscle groups of the abdominals and lower back.
- We will stretch at the end.
- I am getting in shape to instruct it now. Get ready!

Group Personal Training

· You and a partner and/or up to three friends can be personal trained at a lower rate.

· Great for getting the wife or husband on a program

· Great way to start training with a partner and keep on track

**Orchid
Club**

Hildegard Soucek

This is a reminder of the upcoming tour to the American Orchid Society and Morikami Gardens on Feb. 21.

The day consists of a deluxe motor coach trip to Delray Beach, admission and a guided tour of the Japanese Morikami Gardens and Orchid Society's Botanical Garden. This is an excellent opportunity for anyone who has an interest in flowering plants, photography or simply a fantastic social experience. Time is of the essence to make your reservations to insure your place on the bus since space is on



Upcoming Publication Dates

- **February issue:** Thursday, Jan. 31
- **March issue:** Thursday, Feb. 28
- **April issue:** Thursday, March 27



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ARBOR CLUB FITNESS & AQUATIC SCHEDULE

ARBOR CLUB FITNESS SCHEDULE

EFFECTIVE JANUARY 1ST 2008

*DENOTES A FEE BASED CLASS

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|--|------------------------------------|-------------------------------|
| 9:00 Fitness Room | | | | | Pilates Terry | Open Swim |
| 9:15-10:00 Arbor Club Indoor Pool | Deep Water Aerobics* Cammy | Shallow Water Aerobics* Barbara | Deep Water Aerobics* Cammy | Shallow Water Aerobics* Barbara | Deep Water Aerobics* Joan | Sunday Open Swim |
| 9:15-10:15 | Yoga* Ronnese AC Ballroom | Advanced Yoga* Ronnese Fitness Room | Yoga* Ronnese AC Ballroom | | | |
| 10:15-11:15 Fitness Room | Chair Yoga* Claudia Fitness Room | | Light Yoga* Claudia Fitness Room | | | |
| 10:30-11:30 Fitness Room | | | | Let's Dance* Kitti 2nd & 4th Thurs of the month | | |
| 11:45-12:30 Arbor Club Ballroom | Get Fit While You Sit Kitti | | Get Fit While You Sit Kitti | | Get Fit While You Sit Kitti | |
| 1:30-2:15 Arbor Club Indoor Pool | Shallow Water Aerobics* Cammy | | Shallow Water Aerobics* Mary Pat | | Shallow Water Aerobics* Joan | |

*NEW: "Absolutely Abs" class and Healthy Living Seminars at H&R see schedule for details!

We should have our new Star Trac recumbent bikes with electromagnetic resistance levels and heart rate monitors built in to measure your progress. These are a monumental upgrade and are for any fitness level. You will see me on these as well.

Research Study Just Out: Fitness Most Important in Older Adults

Research published by Steven N. Blair PED in the Dec. 5 Journal of the American Medical Association found fitness to be a strong predictor in longevity in adults ages 60 and older. Better fitness was associated with less likelihood of diabetes, high cholesterol, and high blood pressure. Death rates for those with the highest fitness levels were less than half that of those who were physically unfit.

The study is not the first to find fitness among the elderly to be one of the best predictors of survival. In research reported in 2006,

Anne B. Newman MD, MPH, and colleagues from the University of Pittsburgh found an inability to walk 400 meters, or about a quarter of a mile, to be associated with an increased risk of death in people between the ages of 70 and 79.

I'm not trying to be morbid here by pointing out these studies but it is becoming more evident as our society is living longer, the importance of staying fit. You should never retire that thought or retire from staying fit.

Your New Power Class

Every Monday and Wednesday at 3 p.m. we have a class that includes stability balls, dyna bands, weights, core training and flexibility. If you want to learn how to use a stability ball, improve your strength and balance, this class is for you. The class is going well (less people are falling off balls), and continues to improve the participants.

Beginners are welcome and everyone works at their own fitness level. The goal of the class is self-improvement and it's a team effort. Everyone there is willing to help and support newbies. Class participant of the month goes to Kathryn Gold who loved to roll off her ball in the beginning and was afraid to get her hair dirty. Kathryn stuck with it and has achieved good balance and core strength. Kudos to you Kathryn and keep up the good work!

Member of the Month

Cheri Johnston has made remarkable progress in her lean body mass and overall physique. She used to say, "my calves should be sued for non-support of my body" when she started personal training. Cheri is very happy with her curvy, toned calves now along with her toned legs and upper body. She is dedicated to personal training three times a week and 60 minutes of cardiovascular three to four times a week. Cheri states, "the best thing about personal training is the way I feel and my self confidence. It's has made such a difference in my life." No doubt Cheri will further improve with her consistency and positive outlook.

That's it for the month. Again happy new year! Start it out right!

Fitness orientations are free and are every Tuesday at noon. All fitness levels are considered and everyone who can get here can use the fitness center. Please feel free to call me at 854-8707.

Personal training is also available for weight loss, muscle strength and toning, balance training, injury rehabilitation and osteoporosis prevention and reversal.

Call 854-8707 or e-mail: entertrainer24@yahoo.com ☎

a first-come basis. Please make your reservations this month to aid in the planning. Cost of the trip is \$75, which includes transportation, tours, lunch, all gratuities and taxes. Call "DJ" at Legendary Journeys, 291-9300, extension 164. If additional information is needed, call Hildegard Soucek at 390-3368. ☎

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You can reach your fitness goals this year!
 It's a New Year, a time of resolutions, a time when people make a commitment to tackle a big project or change a habit, often a lifestyle change that is generally interpreted as advantageous.

If you are like the majority of these promise-makers, at least one resolution is probably related to health and fitness. In a recent study of New Year's resolutions, 55 percent promised to eat healthier, 50 percent resolved to exercise more, and 38 percent wanted to lose weight.

If you want to keep your resolution, you need to make it an attainable goal. Don't resolve to look like a super model because it's not realistic. Simply promise to include physical activity in your daily life.

Avoid choosing a resolution that you've been unsuccessful at achieving year after year. This will only set you up for failure, frustration and disappointment. If you are still tempted to make a promise that you've made before, try altering it. For example, instead of stating that you are going to lose 30 pounds, try promising to eat healthier and increase your weekly exercise.

Create a game plan. That's what a group of On Top of the World residents have done. They plan to walk in a half-marathon this February. Their training includes walking, running, stretching and strength training.

Cammy Dennis, fitness director, planted the seed when she invited Dianne Bowles, Kathy Hess and Kitty Wills to be walk leaders in Sholom Park. While discussing our second walking program, she asked them if they would be interested in training for a half marathon, 13 miles in one day, not 26 miles in six weeks. Without hesitation they welcomed the challenge.

"I can do this," said Dianne, who never walked until she moved to On Top of the World. Now, she walks three miles per day.

Kitty admitted, "I'm out of my mind but I'll do it. I have no resistance."

Why not? thought Kathy. "I love to walk. I do it every day. I'll take it to the next level."

"This requires training and commitment," Cammy warned. Then, she handed them a 12-week training program and agreed to assist them with their training and participate in the marathon. None of them winced.

Since then the half marathon has been the buzz at the Health & Recreation Center. The gym attendants have packets for people interested in joining the group. So far, Cheri Johnston, who walks regularly and trains with Howie Williams signed up. So did Janet Orr, Mary Hord and Barb Weyres — they all participate in the Interval Training class and walk regularly.

Aspects of mind and spirit intrigue Jane Bauer. That's why she's making a real commitment to practice yoga in 2008. She likes the whole philosophy attached to yoga, particularly the meditative aspects. She wants this to become a part of her life.

Why wouldn't residents want to feel better in 2008? It's a great goal. Let's hear what a few others have planned this year.

Diane Roxburgh plans to take Tai Chi and wants to participate in Kitty's dance class. Unfortunately, with her active schedule, this means, she'll have to give something up.

"Yoga relaxed me so much it put me to sleep," Dianne admitted. "I don't want to be quiet. I plan to socialize more."

Karen McNeely enjoys light aerobics and walking. She plans to do more aerobic exercise and bought a stability ball and two-pound weights to workout at home.

"It (exercise) beats housework," said Eileen Langville, who plans to continue Lite Aerobics as long as she physically can. While she won't disclose her age, she's a real inspiration to me and the rest of the class.

Our balance exercises have made a real difference in Lillie Gasell's life. She's been exercising "formally at H&R" for six years but has really seen her balance improve since we started focusing on the importance of balance to function. She also walks.

Find a winning strategy to help you stick to your goals. Remember on average, only about 20 percent of us keep our New Year's resolutions. Unfortunately, some of the biggest failures are found in fitness resolutions. But don't let the statistics get you down.

As Cammy Dennis tells her classes, "If you think you can't, you won't. If you think you can, you just might." ☺



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**Arbor Club
Tennis**
Jorge Privat

Happy new year every one!

It really is a pleasure to tell you that we closed 2007 in very good spirits. After a year of teaching and playing with you, I have noticed a distinct rise in the level of play throughout the membership, and in particular, among those of you who started out with little or no tennis experience. As we start a new year, I can only encourage you to continue to improve your game and enjoy your tennis even more, because, although, it is a beautiful sport, I must say, "it is not an easy sport."

Also, I would like to use this column as a platform to not only inform, educate and grow the sport in general, but, at the same time, to promote friendship and camaraderie and a spirit of fair competition. And with your help, I will continue to do my best to implement activities that will enhance the level of interest and enjoyment, discarding those which do not achieve the desired success.

The year-end party (at Logan's Restaurant), organized by the social committee, turned out simply great! Our thanks to all the members of that committee, headed by Pater Paige and his wife Cynthia, for all their efforts in providing good entertainment throughout the year.

I also wish to tell you that the members of the Tennis Committee have been working diligently to make the upcoming Arbor Club Mixed Doubles Tournament, to be held on the 17th of this month, a fun and successful event. You still have a few days to sign-up for it, if you have not done so already. And if you don't have a partner, we will make every effort to find one for you.

Now, I would like to inform you that on Nov. 20, Norma Higgins group played against Oak Run, at On Top of the World. The teams of Marilyn Beardsley and Marty Walchak, Gordy Phillips and Dottie Taylor, had a very good day. However, the Oak Run teams of Art Schmidt and Rob Donaldson, Jerry Hayes and Judy Gerace, and Bill Tetzlaff and Nancy Hayes, also had a very good day. Our thanks

to all of you who volunteer to participate in these friendly meets with our neighboring communities. I also encourage you to participate in USTA league play. You get to meet and make new friends, get to know and play different clubs, it doesn't really take a lot of your time, and it helps to keep your game tuned. All in all, it is a win-win situation.

Tennis Tip Of The Month

As we open up a new year, let's start with a few good stretches.

• **Trunk and shoulder:** Triceps and inferior capsule of the shoulder.

Start with your arms overhead, holding the right elbow with the left hand.

Use your left hand to pull the right elbow behind your head. Hold your elbow in this position, and bend your trunk to the left side. Repeat on the opposite side.

• **Overhead stretch:** Intercostal muscles and inferior capsule of the shoulder.

Start with your arms overhead, wrists crossed and palms together.

Stretch your arms slightly backward and as high as you can. Bend a few inches to either side to increase the stretch to your trunk.

• **Posterior shoulder stretch:** Shoulder rotators, upper back (Scapular) muscles.

Stand holding your right arm straight in front of you. Place your left hand behind your right elbow.

Pull across your body with your left hand. Do not allow your trunk to rotate. It might help to stand against a wall, making sure that both shoulder blades are touching the wall.

• **Shoulder squeeze:** Front of chest, back and shoulders.

With your fingers interlaced behind your head, keep your elbows straight out to your side and your upper body in an upright position. Pull your elbows together behind you, and pull your shoulder blades together to create tension through your upper back and shoulder blades.

• **Forearm flex or stretch:** Forearm muscles (flexors and pronators)

The elbow is straight and the forearm is supinated (palm up).

Use the opposite hand to stretch the wrist back, keeping the elbow straight.

• **Forearm extensor stretch:** Forearm muscles (extensors and supinators)

Use the opposite hand to stretch the wrist downward, keeping the elbow straight.

• **Hamstring stretch:** Hamstring and gluteals.

Lying on your back, bend the leg you will stretch to a 90 degree angle at your hip. Support the leg by grasping both hands behind the knee. Keep the opposite leg straight.

Straighten the leg a raise it toward the trunk. Use the hands to gently increase the stretch. Point the toes toward the face to increase the stretch.

• **Stork quadriceps stretch:** Quadriceps and hip flexors.

Stand on one leg, behind the opposite nee while grasping the foot or ankle.

Keeping the back flat and the buttocks tucked under, bend the knee, bringing the foot toward the buttock, and point the knee toward the ground. Do not twist the knee.

• **Seated groin stretch:** Groin and inner thigh muscles.

Sit with the bottoms of your feet together, knees out, holding your toes.

Gently pull forward, bending from the hips and bringing the chest to the feet. Do not round your upper back. Use your elbows to gently push the knees toward the ground.

• **Calf stretches:** Calf muscles.

Stand in front of a wall or fence, with one leg two or three feet behind the other and the toes pointing forward.

Keeping the back knee straight and your heel on the floor, bend the front knee and lean the trunk forward. (Do not arch the back and do not bounce).

Repeat with the back knee slightly bent, keeping the heel on the ground.

Ready to play? See you on the courts! ☺

Tennis Association

H&R Center Courts Schedule

Saturday & Monday, 8 a.m.-noon:

Mixed Doubles

Tuesday & Thursday, 8 a.m.-noon:

Men's Doubles

Wednesday & Friday, 8 a.m.-noon:

Ladies' Doubles

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The Movie Club Presents John Travolta in 'Hairspray'

By MARY EHLE

The movie for Jan. 13 will be "Hairspray." This is a musical and stars John Travolta and Michele Pfeiffer. There is a lot of nice music and John plays a lady in this film.

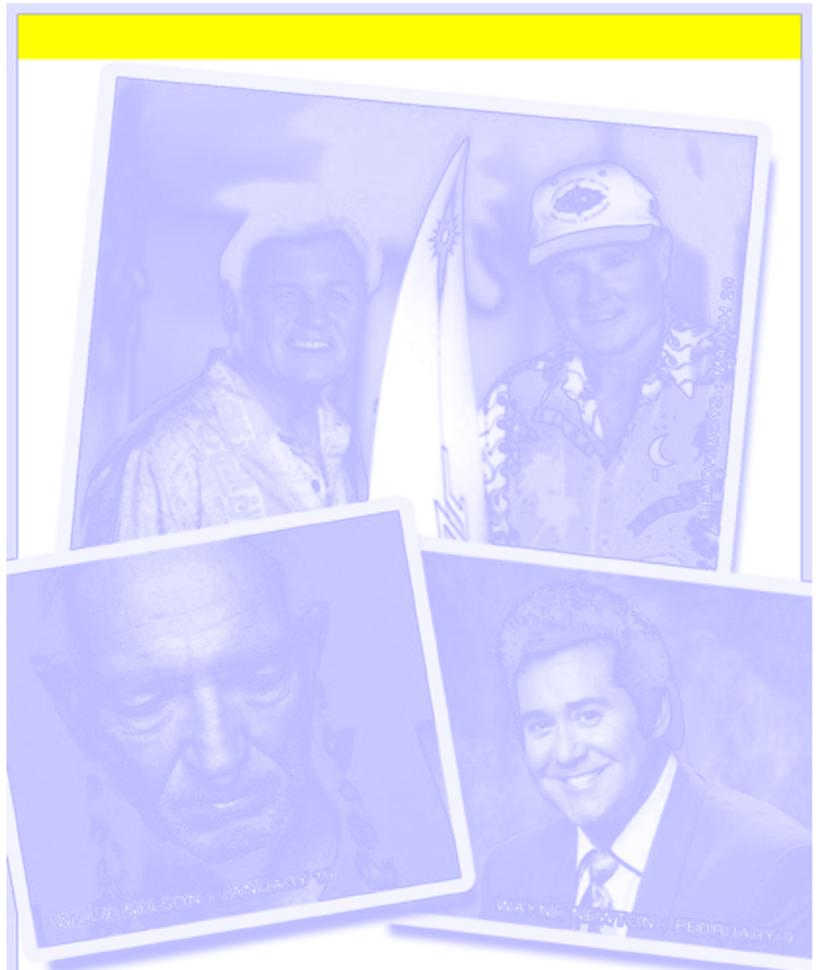
We are taking new membership for the year of 2008. Dues are \$6 for the year. That is 50 cents for the movie each month.

As always the Movie Club is open to all residents of On Top of the World and their over-

night guests. If you are not a member it is \$2 payable at the door. You do not have to be a member.

The movie starts at 6 p.m. in the Ballroom of the Health & Recreation Building. Hope to see you there.

The problem with the television has been remedied. Thanks to the Entertainment Group, we will have a wonderful treat at the next movie on Jan. 13. Come and see! ☺



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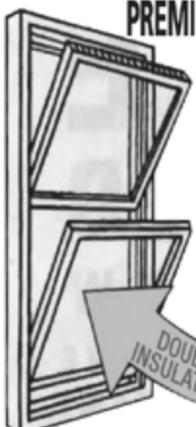
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Activities January

Monday

| | | |
|-------|---------------------------|--------|
| 7:00 | Lap Swimming | AC |
| 7:15 | Oxycise | H&R |
| 8:00 | Mixed Tennis | CTS |
| | Cardio Burn & Firm | H&R |
| 9:00 | Interval Training | H&R |
| | R.C. Flyers Club | Field |
| | Golden Slippers | BRS |
| | Woodworking | WW |
| | Bocce League | BCTS |
| | Ceramics 9-2p.m. | Art |
| | Practice Bridge | CR |
| | No Bus on Mondays | |
| | Ladies Billiards | PLR |
| | Dancing Toppers | H&R |
| 9:15 | Deep Water Aquacise | AC |
| 9:30 | Shuffleboard | CTS |
| 10:00 | Tennis Doubles | CTS |
| | Ladies Billiards | PLR |
| 10:15 | Light Yoga | AC |
| 10:30 | Light Aerobics | H&R |
| | Power Aerobics | H&R |
| | Water Walk | AC |
| 11:00 | Water Walk | AC |
| | Boccee League | BCTS |
| 11:30 | Tai Chi Practice | AC |
| | Lap Swimming | AC |
| | Balanced Body | H&R |
| 11:45 | Sit fit while | AC |
| | you sit | |
| 12:00 | Ladies Poker | MR3 |
| | Line Dance | |
| | (Level Two) | H&R |
| | Mah Jongg | CC:A |
| | Men's Golf Group | CR |
| 12:15 | Oxycise | H&R |
| 12:30 | Bridge | CR |
| | Northern Lights Mah Jongg | CC:G |
| | Aqua Belles | AC |
| | Pan Club | CC:MR3 |
| 1:00 | Bocce League | BCTS |
| | Computer Lab | H&R |
| 1:15 | Line Dance (Int.) | BR |
| 1:30 | Shallow Water Aquacise | AC |
| | Shuffleboard | CTS |
| 2:00 | Happy Hookers | Art |
| | Rummicube | CC:E&F |
| 2:45 | Line Dance (Level Two) | H&R |
| 3:00 | Your New Power | H&R |
| 4:00 | Line Dance (Level One) | H&R |
| 5:30 | Mah Jongg | CC:A |
| 6:00 | Poker | MR3 |
| 6:30 | Bridge | CR |
| 6:30 | Euchre II | CC:H |
| 7:00 | Wood Shop | WW |
| | Dominoes | CC:G |

1st Week

| | | |
|------|--------------------------|-----------|
| 7:30 | Marion Blood Bank | PL |
| | (All Even # Months Only) | |
| 9:00 | Life South Blood | PL |
| | (All Odd # Months Only) | |
| | RC Flyers Club | CC: B&C |
| 1:30 | D'Clowns | CC: B & C |
| 2:00 | Bocce | CC: AC |
| 2:30 | Readers' Theatre | CC: D |
| 3:30 | Comp. Handicap | CC: H |
| 7:00 | Sunshine Singers | BR |

2nd Week

| | | |
|-------|---------------------------|-------|
| 10:00 | Genealogical Society | MR3 |
| 2:30 | Theatre Group | CC: D |
| 4:00 | 10,000 Steps in the Water | AC |

3rd Week

| | | |
|-------|-----------------------|---------|
| 10:30 | Genealogical Workshop | CC-B&C |
| 2:30 | Readers' Theatre | CC-D |
| 1:30 | D'Clowns | CC: B&C |
| 4:00 | Billiards Club | Art |
| 7:00 | Sunshine Singers | BR |

4th Week

| | | |
|------|---------------------------|---------|
| 3:00 | Community Patrol Prog. | CC: B&C |
| 4:00 | 10,000 Steps in the Water | AC |

Tuesday

| | | |
|-------|-----------------------------|---------|
| 7:00 | Lap Swimming | AC |
| 7:15 | Oxycise | H&R |
| 8:00 | Condition & Stretch | H&R |
| | Men's Tennis | CTS |
| | Travel Toppers Reservations | CC:D |
| | Clogging | BR |
| 8:30 | Women's 18-Hole | GC |
| | Raquetball | HR CTS |
| 9:00 | R.C. Flyers Club | Field |
| | Tai-Chi (Multi-level) | H&R |
| | Computer Club | CC: B&C |
| | Hand & Foot Canasta | CR |
| | Woodworking | WW |
| | Arts & Crafts | BR |
| | Bus Ocala Run | |
| | Women's 9-Hole | GC |
| | Horse Shoe League | CTS |
| | Miniature Golf | MGC |
| 9:30 | Pinochle | MR3 |
| | Stitch Witches Quilters | Art |
| 10:00 | Arthritis Aqua Class | AC |
| 10:15 | Tai-Chi Fitness (Beginners) | H&R |
| 10:30 | Horseshoe League | CTS |
| 10:45 | Yoga | AC |
| 11:00 | Water Walk | AC |

| | | |
|-------|-------------------------|-----------|
| | Wallyball | CTS |
| 11:30 | Lap Swimming | AC |
| 12:00 | Lap Swimming | AC |
| | Men's Poker | MR3 |
| | Mah Jongg | CC:A |
| | Cyber Orientation | GYM |
| 12:15 | Oxycise | H&R |
| 12:30 | Bridge | CR |
| | Stitch Witches Quilters | Art |
| 1:00 | Singin' Swingin | CC: D |
| | Mah Jongg | CC: A |
| | Badminton | H&R |
| | (Racquetball Cts) | |
| 1:30 | The New Pretenders | HR |
| | Shuffleboard | CTS |
| 3:00 | Serious Strength | HR |
| 5:30 | Mah Jongg | CC:A |
| | Miniature Golf | MGC |
| | Table Tennis | HR |
| 5:45 | Mah Jongg | CC: B |
| 6:00 | Pinochle | MR3 & Art |
| 6:30 | Duplicate Bridge | CR |
| | Mah Jongg | CC: G |
| | Pattern Dancing | BR |
| 7:00 | Mixed Poker | CC: H |
| | Pattern Dancing | BR |

1st Week

| | | |
|------|-------------------|---------|
| 8:00 | Men's 9 Hole Golf | P.R. |
| 3:00 | Great Lakes Club | BR |
| | Shutterbugs | CC: B&C |

2nd Week

| | | |
|------|-------------------|-----------|
| 8:00 | Lions Club | Pub |
| 9:00 | Citizens Emer. | CC: E,F&G |
| | Response Team | |
| 1:30 | Visually Impaired | CC: H |
| | Support Group | |
| 3:30 | Alpha Investment | Art |
| 6:30 | German Club | CC: G |

3rd Week

| | | |
|------|-----------------|---------|
| 1:30 | Unique Birders | CC: H |
| 3:00 | NY/NJ Club | BR |
| | Shutterbugs | CC: B&C |
| 7:00 | Democratic Club | CC: E&F |

4th Week

| | | |
|------|----------------------|-------|
| 8:00 | Lions Club | Pub |
| 1:00 | Scan/American | CC: E |
| 3:30 | Alpha Investment | Art |
| 4:00 | Diabetes Support Grp | CC: G |

Wednesday

| | | |
|-------|------------------------|---------|
| 7:00 | Lap Swimming | AC |
| 7:15 | Oxycise | H&R |
| 8:00 | Cardio Burn & Firm | H&R |
| | Ladies Tennis | CTS |
| 8:30 | Men's 18 Hole | Golf |
| 9:00 | Interval Train | H&R |
| | Taps on Top | BR |
| | R.C. Flyers Club | Field |
| | Woodworking | WW |
| | Bus Ocala Run | |
| | Ceramics 9-2:30p.m. | Art |
| 9:15 | Deep Water Aquacise | AC |
| 9:30 | Pinochle | MR3 |
| | Crafty Ladies | CR |
| | Billiards 101 | PI RM |
| 10:15 | Light Yoga | AC |
| 10:30 | Light Aerobics | H&R |
| | Power Aerobic | H&R |
| 11:30 | Tai Chi Practice | AC |
| | Lap Swimming | AC |
| | Balanced Body | H&R |
| 11:45 | Get Fit While You Sit | AC |
| 12:00 | Ladies Poker | MR3 |
| 12:15 | Oxycise | H&R |
| | Mah Jongg | CC:A |
| 12:30 | Bridge | CR |
| | Japanese Emb | CC: C |
| | Aqua Belles | AC |
| | Mah Jongg | CC: A |
| | Pan Club | CC: MR3 |
| 1:00 | Bocce League | BCTS |
| 1:30 | Shallow Water Aquacise | AC |
| | Exercises | |
| | Shuffleboard | CTS |
| 3:00 | Dance Committee | CC: B&C |
| | Your New Powers | HR |
| 4:00 | Softball Practice | SBF |
| 5:30 | Bingo | BR |
| 6:00 | Poker | MR3 |
| | Pickleball | CTS |
| 6:30 | Duplicate Bridge | CR |
| | Square Dance Class | AC |
| 7:00 | Poker | MR3 |
| | Square Dancing | AC |

1st Week

| | | |
|-------|-------------------|----------|
| 10:30 | Travel Toppers | CC: A |
| 1:00 | Stamp Club | Bank PAB |
| 3:00 | Italian/Amer Club | BR |

2nd Week

| | | |
|-------|-------------------|-----------|
| 11:30 | Dr. Pedro Women's | HR |
| | Health Luncheon | |
| 1:45 | Native Plants | CC: H |
| 3:00 | Pennsylvania Club | CC: E & F |
| | 3rd Week | |
| 1:00 | Stamp Club | Bank PAB |

Thursday

| | | |
|-------|-----------------------------|---------|
| 7:00 | Lap Swimming | AC |
| 7:15 | Oxycise | H&R |
| 8:00 | Condition & Stretch | H&R |
| | Men's Tennis | CTS |
| | Clogging | BR |
| 8:30 | Racquetball | HR CTS |
| 9:00 | Woodcarving | Art-B |
| | Art League | Art-A |
| | Computer Club | CC: B&C |
| | R.C. Flyers Club | Field |
| | Round Dance Classes | CC: E&F |
| | Hand & Foot Canasta | CR |
| | Tai-Chi (Multi-Level) | HR |
| | Bus Ocala Run | |
| | Miniature Golf | MGC |
| 9:30 | Shuffleboard | CTS |
| 10:00 | Round Dance Class | CC: E&F |
| | Arthritis Aqua Class | AC |
| 10:15 | Tai-Chi Fitness (Beginners) | H&R |
| 10:30 | Water Walk | AC |
| | Advanced Tap | HR |
| | Friendship Bible Study | MR3 |
| 10:45 | Yoga | AC |
| 11:00 | Wallyball | CTS |
| | Water Walk | AC |
| 11:30 | Lap Swimming | AC |
| 12:00 | Lap Swimming | AC |
| | Advanced Square | CC: E&F |
| | Dancers | |
| | Mah Jongg | CC: A |
| 12:15 | Oxycise | H&R |
| 12:30 | Sewing Bees | Art |
| | Theatre Group | BR |
| | Mah Jongg | CC: A |
| | Bridge | CR |
| 1:00 | I Got It Card Game | MR3 |
| | Bocce League | BCTS |
| | Ten Pen | CTS |
| | Square Dancing DBD | CC: E&F |
| | Table Tennis | H&R |
| 1:30 | Shuffleboard | CTS |
| 2:30 | Jazz Club | CC: D |
| 3:00 | The New Pretenders | HR |
| 4:00 | Bus Grocery Run | |
| 5:30 | Mah Jongg | CC: A |
| | Card Game | CC: B |
| | Miniature Golf | MGC |
| 6:00 | Poker | MR3 |
| | Pickleball | CTS |
| 6:30 | Bridge | CR |
| | Chess Club | ART |
| 7:00 | Poker | MR3 |
| | Mixed Poker | CC: H |

1st Week

| | | |
|-------|-----------------------|------|
| 10:00 | NY/NJ Board Meeting | CC-H |
| 1:00 | Rubber Stamping Cards | CC-D |
| | Bunko Dice Game | MR3 |
| | Opera Appreciation | CC-C |
| 5:30 | Southern Club | BR |

2nd Week

| | | |
|-------|--------------------|-----------|
| 9:30 | Scrabble Club | AC |
| 10:30 | Latin Cardio | AC |
| 1:30 | Singles Club | CC: G&H |
| 2:00 | NARFE Chapter 2279 | CH |
| *3:00 | High Tea 1/10/08 | AC |
| 7:00 | Karaoke Night | CC: E,F&G |

3rd Week

| | | |
|------|----------------------|---------|
| 9:00 | Hand & Foot Canasta | CR |
| 1:00 | Rubber Stamping Card | CC-D |
| | Bunka Dice Game | MR3 |
| | S.P.C.A. | CC-H |
| 1:30 | Orchid Club | CC: B&C |

Friday

| | | |
|------|--------------------|-------|
| 7:00 | Lap Swimming | AC |
| 7:15 | Oxycise | H&R |
| 8:00 | Cardio Burn & Firm | H&R |
| | Ladies Tennis | CTS |
| 8:10 | Water Walk | AC |
| 8:30 | Dancing Toppers | H&R |
| 9:00 | Interval Train | H&R |
| | Pilates | AC |
| | Woodworking | WW |
| | R.C. Flyers Club | Field |
| | Dominoes | MR3 |
| | Bocce League | BCTS |

* Advance registration and fee may be required. Please check in advance.

A full list of classes can be found in the Master the Possibilities catalog, available at the Education Building at Circle Square Commons.

Location Codes

| | | | |
|---------------|--------------------------------------|--------------------|--------------------------------|
| AC | Arbor Club | FF | Flying Field |
| AC CTS | Arbor Tennis Courts | GC | Golf Course |
| ACIP | Arbor Indoor Pool | HR | H&R Exercise Room |
| ACOP | Arbor Outdoor Pool | H&R CTS | Tennis Courts |
| Art | Art Studio | H&R | Health & Rec Bldg |
| BR | Ballroom | HRP | H&R Pool |
| BCTS | Bocce Courts | ICC | Indigo Community Center |
| CC | Arbor Conference Center | MGC | Miniature Golf Course |
| CCC | Candler Community Center | MR1 | Meeting Room 1 |
| CLC | Computer Learning Center | MR3 | Meeting Room 3 |
| CSCC | Circle Square Cultural Center | PL | H&R Parking Lot |
| CR | Card Room | PL RM | Poolroom |
| | | SBF | Softball Field |
| | | WW | Wood Shop |

| | | |
|-------|------------------------|---------|
| 9:15 | Bus Ocala Run | |
| 9:30 | Deep Water Aquacise | AC |
| | Shuffleboard | CTS |
| 10:00 | Racquetball | H&R CTS |
| 10:30 | Light Aerobics | H&R |
| | Power Aerobics | H&R |
| | Water Walk | AC |
| 11:00 | Bocce League | BCTS |
| | Water Walk | AC |
| 11:30 | Tai Chi Practice | AC |
| | Lap Swimming | AC |
| 11:45 | Get Fit While You Sit | AC |
| 12:00 | Round Dance Class | H&R |
| | Ladies Poker | MR3 |
| | Circle Square | H&R |
| | Mah Jongg | CC:A |
| | Mens Golf Group | CR |
| 12:15 | Oxycise | H&R |
| 12:30 | Aqua Belles | AC |
| | Mah Jongg | CC: A |
| 1:00 | Table Tennis | H&R |
| | Canasta the Old | |
| | Fashion Way | CR |
| 1:30 | Shallow Water Aquacise | |
| | Exercises | AC |
| 2:00 | Fun In The Water | AC |
| | Square Dancing | H&R BR |
| 5:00 | Happy Hour | AC |
| 6:00 | Cribbage | Art |
| 6:15 | Nickel Nickel | MR3 |
| | Euchre 4 | CC:A |
| 6:30 | Advanced Bridge | CR |
| 6:45 | Euchre | H&R |

1st Week

| | | |
|------|--------------------|-------|
| 1:00 | Women of the World | CC: E |
|------|--------------------|-------|

2nd Week

| | | |
|------|------------------|-----------|
| 9:00 | RC Ladybirds | CC: A |
| 2:00 | New England Club | CC: E,F |
| 7:00 | Republican Club | CC: E,F&G |

3rd Week

| | | |
|------|-----------------|-------|
| 2:00 | Blackjack Poker | CC: E |
|------|-----------------|-------|

4th Week

| | | |
|-------|--------------|-----|
| 12:00 | High 12 Club | TBA |
|-------|--------------|-----|

Saturday

| | | |
|-------|------------------|---------|
| 8:00 | Mixed Tennis | CTS |
| 8:30 | Men's Softball | SBF |
| 9:00 | Computer Club | CC: B&C |
| | Art League | Art |
| 10:00 | Mixed Tennis | CTS |
| 10:30 | Tai Chi Practice | AC |
| 12:15 | Oxycise | H&R |
| 1:00 | Table Tennis | H&R |
| | China Painters | Art |
| 5:30 | Open Mah Jongg | CC: A |
| 5:45 | Singles Pinochle | CR |
| 6:30 | Bridge | CR |

1st Week

| | | |
|------|------------------|----|
| 6:00 | Ballroom Dancing | AC |
|------|------------------|----|

3rd Week

| | | |
|-------|-----------------------------------|------|
| 10:00 | Health & Wellness Expo. 1/19/2008 | CSCC |
| 6:00 | Ballroom Dancing | AC |

Sunday

| |
|------|
| 9:00 |
|------|



**100
Grandparents**
Barbara Greenwood

This time of the year is the best. The On Top of the World "Grandparents" will all agree with me on this statement. We went to Romeo on Dec. 13. What a morning. We were ushered to the courtyard where every child from Romeo was seated, ready to entertain us with their beautiful Christmas songs and their fantastic, heart-warming smiles. Some children were wearing their nicely made paper hats of elves and reindeer, Rudolph in particular. Benches were set up for the "grandparents" to be seated. There were also many of the children's families present, some armed with their cameras. We sure did enjoy the festivities. After the singing we went on to the students' classrooms to read. We were again greeted warmly and settled right in to read the books set out for us to read. All were very receptive, some even captivated by the stories. It couldn't get any better than this.

When we returned to the media center, we were filled with warmth and excitement. Kathy Hultman, principal of Romeo, Lisa Coy, assistant principal, Victoria Thomas, dean, and Mrs. Lakin were all present to thank us for coming out and to speak to us of the goings on at the school. The snack table was filled with delicious choices of fruit, cake and cookies, as well as great beverage offerings thanks to Mrs. Coy. The centerpieces on each table where we sat were lovely and festive.

Going out to Romeo is like the "gift that keeps on giving." We, the "grandparents," get so much out of the visit. The children warm our hearts, they give us big hugs, and they're attentive and well behaved. The entire staff welcomes us. They treat us as guests, yet they make us so comfortable, it's hard to leave. What joy it is to be able to go to Romeo once a month and be with everyone there.

We travel to Romeo by school bus. We have an interesting and fantastic driver named Doug. Normally most of our group would be on this bus, but on this particular visit, many drove. Would you like to know why? It's because residents of On Top of the World have been so generous in their giving. We received generous checks, clothing, shoes, coats, hats, gloves, and toys to take to the school. The generosity was so special. Many of the children are in real need. The checks enabled families who wouldn't be celebrating Christmas with gifts under their tree this year to be surprised by an apparent visit from Santa. Then we had those who adopted an entire family and provided the gifts for that family to open Christmas morning. We received from thoughtful residents coats and hats, much needed for when the weather changes. And ... we received clothing and shoes, of different sizes. Mrs. Hultman was truly grateful when these things were brought in. She receives them so graciously and is already thinking about the children who will be receiving them and how much they'll be appreciated. So, on this visit, not everyone was on the school bus. Several loaded the items into their cars and drove it all out. Thank you to all of you who did this.

We also appreciate and thank all of the On Top of the World residents who donated the food for the Food-4-Kids backpack program, especially the peanut butter and jelly. We heard that the shelf had been empty of these two items, informed you of that situation, and your donations helped fill the shelf again. Other single serving food items such as juices, cereals, snack bars, pop-top canned goods, crackers, canned or plastic containers of fruit, etc. are always needed. Your contribution may be delivered to the front porch of Elliott and Marilyn Barbour where a tote will be placed. Their address is 8680-H S.W. 94th St.

Or you may call me at 861-2539 and arrange to have your donation picked up.

We also want to let you know how grateful we are to those who clip the Campbells soups labels with the Campbell kid and UPC attached, and the General Mills labels that say Box Tops for Education or Labels for Education. The drop site for the labels is the "red school house" under the stairs of the Health & Recreation Center in the lobby.

Both the Food-4-Kids backpack program and the labels for education are ongoing projects that we've adopted. Thank you so much for helping us by participating in it.

If you have any questions about the labels, the Food-4-Kids' backpack program, or the 100 Volunteer Grandparents group, please call me at 861-2539.

Our next visit will be Jan. 10. We'll meet in the H&R parking lot at 9 a.m. and be picked up by a yellow school bus that will have us back home at approximately noon.

The 100 Grandparents wish all of the On Top of the World residents a very happy and healthy new year. ☺



Kitti's Corner
Kitti Surrette

Many people tend to gain weight during the winter months. Some people joke that they are eating and sleeping more because they are getting ready to hibernate. But we do not get to crawl into a warm hiding place and sleep the fat away. In our sedentary culture, where more than half of all adults are overweight, factors that accelerate weight gain are a real concern. Those extra pounds acquired over the winter may stay on year after year, eventually contributing to health problems such as obesity, diabetes, high blood pressure and heart disease.

Investigate and Strategize

I want you to assess and evaluate your current situation, health status, fitness level and your goals. Now is the time for some investigating. A well-known fact is that if you do not like something, you will not do it. So, that means you really need to take a close look and be honest with yourself regarding activities that you enjoy and like. If you happen to build your new program around physical activities that you do not care for, you will find every excuse in the book not to do them. The smallest amount of rain, dinner with friends, and even laundry can easily become excuses that keep you from your fitness goals.

Make sure you are truly selecting activities that you will look forward to doing. For example there are people who take fitness classes and absolutely love it. They actually build their entire schedule around classes so that they know they will not miss it. Some even say that it is the highlight of their week. Now you may be thinking that they need to get out more, but I think it is just because they enjoy classes that much, and they are getting exceptional workouts.

Here are some questions to ask yourself that will help you investigate and strategize. This step is a critical piece in developing a successful plan for your future.

Investigating

- Do you enjoy sports? If so, which ones?
- What activities do you truly find fun and enjoyable; dance, cycling, swimming, boxing, etc?
- Do you need a structured program or are you a self-starter?
- Would you prefer to work out with a group in a social setting?
- How much time and days per week can you commit to your new program?

Strategizing

- Is it possible to incorporate some sport activities into your program?
- What would be the best way to build your fun and enjoyable activities into your plan?
- Should you seek out the gym or a personal

trainer to assist with your structure and accountability? Howie, our personal trainer, would love to help you.

- Would it be wise to enlist the help of a friend or workout partner? Take a fitness class and make new friends.

- Are you planning to accumulate your workout time or do it all at once in a day?

So there you go. Take the time to ask yourself these simple but powerful questions. You may find some interesting answers if you are being honest with yourself. Use these answers to help you successfully develop your new program. You will more than make up for the time invested by actually sticking to your plan and enjoying it in the process...

Fitting Activity Into Our No-Time Schedules

OK, so many of you are saying this woman has no idea of what my schedule is like. She obviously is not retired or has a very cute pet. How can I possibly fit in exercise between retirement, doctor visits, husband, dare I go on? Well, you are correct on the one front, I am not retired; I do have a husband, but no cute pet to take care of, so maybe I am not that far off base with my suggestions after all. Anyway, for those of you out there who are still skeptical and worried that there just is not enough time in the day to fit in your activity, here are some ways to be physically active when your schedule won't make room for the gym ...

Tips for Fitting It All In

- **Be creative:** Don't just think that working out has to be done at the gym. Get your creative juices flowing and find ways to add activity into your day. Change your mindset from the hour or more workouts to short bouts of activity like 10 or 15 minutes at a time. You will be amazed at how much easier it is to carve out 10 minutes than an entire hour.

- **Play along:** When your mate is out on the golf course, play along. Get out there and hit the ball. Maybe not on his turn — wait for your opportunity. Tennis anyone? Learn how to play if your friends are playing. Time will just fly by and you won't even think about it as exercise.

- **Involve the family dog:** Invite the family dog for a brisk run/walk several times during the day. He needs the workout too.

- **Make TV time active:** Use this time for an extra workout. Try these: squats, push-ups, low jacks, knee lifts, balance practice, whatever you enjoy, just get moving. Make it a game and do activity during every commercial break; that equals about 20 minutes per hour, really. That will certainly help to burn off some of those dinner calories by being active afterwards.

- **Put in the DVD:** Pull out the trusty exercise DVD or video and do some Pilates, salsa (come to Let's Dance on the second and fourth Thursday to learn some Latin Dances), aerobics, etc. Even if you cannot commit to the whole workout, every little bit helps. Remember to change that mindset and start thinking more about small bouts of activity and not the whole enchilada.

- **Get cleaning:** Get out the vacuum and mop and get to work. A little cleaning will go

a long way to helping you feel better about your house as well as giving you some much needed exercise opportunity. A few minutes of heavy cleaning can really work up a sweat and burn off some serious calories.

- **Have more sex:** No laughter. Sex is a great way to add extra activity into your routine and help you sleep better, feel better about yourself, and improve the connection with your husband. Make time for this and make you and your husband happier and healthier in the process.

So you see even when your schedule is jam packed, there are many ways to fit in activity to help keep you healthy and fit. Give these tips a try and see how much more physical activity you can add into your normal hectic routine.

Do you have any bright ideas you would like to share with the rest of us? How do you fit it all in?

I have a box on the wall in the fitness office at the H&R. My name is on it. Please feel free to drop a note to me and I'll share it in my next article.

See you in class. ☺

American Jewish Club

Irene Rudick

As we welcome in the year 2008, we wish all a happy and healthy year.

Our next meeting will be Jan. 20 at 2 p.m. in the Arbor Conference Center, Suites E, F and G. Our guest speaker will be David Bland, head chef at Candler Hills Restaurant.

Lunch Bunch will meet on Wednesday, Jan. 16, at Ayuttaya Thai Cuisine Restaurant (near Best Buy). For more information, call Jean Singer at 873-1877.

The Lunch Bunch committee is planning on lunch and a boat ride in March. Be sure to sign up early.

Our Sunshine Lady, Dorothy Bresky, 854-0284, is available to give you information and answer your questions about our organization. ☺

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For more information, call the Health & Recreation Department at 854-8707.



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Pennsylvania Club
Pat Utiss

The Pennsylvania Club Christmas party was held on Dec. 12 at Logan's Roadhouse. The food and service were excellent. Santa Claus made an appearance and passed out prizes to the winning Christmas Trivial Pursuit teams.

Avalon Social Club
Lorriane Rourke

Our December get-together went off with a bang. The tables were decorated with special centerpieces made by our volunteers who were awarded based on the seating arrangements. We had a good 80 people show up and they brought a variety of tasty treats to sample while visiting with neighbors and exchanging ideas. A voluntary gift exchange was held which led to laughter as we unwrapped the items. There were such unique ideas although the gift of the plunger really got us all laughing. Folks were very creative. The food was delicious as always and it was a nice time to sit down to chat with our neighbors and plot happenings.

We will continue this into 2008 with plans to try a variety of things. We have assigned seating so as to mix the groups up; however, we plan to change this for the time being and allow folks to select their setting with friends. Enough time has gone by for folks to get to know their neighbors. We are a close-knit neighborhood so if you have information to

After the games, we had our usual Night Before Christmas gift exchange. We do this every year; sooner or later, we will get it right. Of course, the getting it wrong makes it more fun. Every year, at our Christmas party, the first door prize is a basket of Pennsylvania products donated by our members.

Each year, the basket gets bigger and heavier. This year's basket was won by one of our newest members, Harrie Budan. I hope he and his wife enjoy it.

The members of the Pennsylvania Club also donate toys to the Salvation Army. This donation gets bigger every year, as well.

I will repeat something from last month's column. A reminder for 2008, our Christmas party will be a covered dish dinner held in our usual meeting room. However, we want you to mark your new calendars, as soon as you get them, the 2008 Christmas party will be the first Wednesday of December. That is Dec. 3, 2008.

The January meeting will be Jan. 9 at the Arbor Conference Center, in Suite E. The meeting begins promptly at 3 p.m., but come early for snacks and fellowship.

Following the meeting, we will have a speaker from the Sheriff's Department, who will speak on frauds and scams. ☺

share or want to organize an event and get it out to everyone don't hesitate to contact me and we'll get it rolling.

Many thanks go to the regular volunteers who have brainstormed, made the centerpieces, assisted with sign in, name tags, organizing the food, and setup and break down of the tables. Without this serious core of folks we wouldn't be having this event. If you want to meet folks, it's a great way to get to know your neighbors and we always can use more folks. If you'd like to try something different you can even run one of the get-togethers.

We will continue with the bring a dish event on the first Monday of the month in 2008 with the exception of those months where it falls on a holiday weekend. The next bring a dish will be Jan. 7. This one is scheduled to be a soup tasting, chili tasting and bread sampler. So pull out your favorite recipe to bring. If you'd rather bring something simpler that is fine as well; don't forget serving pieces if your dish needs one, and your own non-alcoholic beverage.

Feb. 4 will be our valentines event. Bring a dish — this will run in the same format as the past ones. Remember set up is at 4:30 p.m., and the start is at 5 p.m. in the Arbor Club Ballroom. Plates, silverware, and napkins are provided.

For questions call Lorraine at 390-2120. ☺



Southern Club
Bob Bland

Wow! What a tremendous December meeting. The Health & Recreation Center was decorated exquisitely for the Christmas season. Beautiful wreaths graced the walls of the club that were made by various clubs within On Top of the World, a graceful Christmas tree was the centerpiece with Santa and his reindeers nearby. The tables were very tastefully done by our decorating committee with garlands, bird houses and candles — what a beautiful environment to enjoy an evening of celebrations.

Our members were asked to bring gifts for the fire department to distribute to the less fortunate children at Christmas. The spirit of Christmas filled the Ballroom as gift after gift arrived. Soon, the brightly decorated pack-

ages filled the tables. Our own Mike Connolly, assisted by his fellow firefighters, will make the children's eyes sparkle as they will have a Christmas to remember because of the generosity of our Southern Club members. Thank you for your compassion and concerns for the less fortunate in our community.

The membership of our club continues to increase as we welcomed new members. Tonight we welcomed Louise Abernathy, Art and Barbara Bartlewski. Visiting were Richard Cooperman, Mary Jo and Ken Hough.

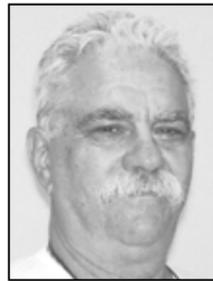
Once again, our table was abound with a delicious catered meal by Bruce consisting of chicken francaise, roast loin of pork with gravy, mashed potatoes, Key West blend and an array of delicious pies.

Our ladies enjoyed a respite without having to prepare the meal and could enjoy being served by the caterer.

Our entertainment for the evening was the West Port High School chorus consisting of 25 talented young people under the direction of John Trinch. We enjoyed a variety of Christmas music by these dedicated young people who give their time and talents for the pleasure of an appreciative audience. The grand finale was the Hallelujah Chorus to a standing ovation.

The next meeting of the Southern Club will be Jan. 3 at the Health & Recreation Center Ballroom at 5:30 p.m. The entertainment will be the "Just Us," so come prepared to be entertained or to entertain.

Our wish for you will be a prosperous and healthy New Year 2008. Invite your southern neighbors to join with us for fun, food and great southern fellowship. ☺



Social Club
Mort Meretsky

Well, it's happened again. We've gone through another year. I hope everyone had a safe and happy holiday season, and I'm wishing everyone a safe, happy and healthy 2008.

We're having poker and blackjack on Friday, Jan. 18, from 2 to 4 p.m., at the Arbor Conference Center. If you're not a member and would like to join, come on over on the 18th. Our dues are \$10 a year and we play poker and blackjack on the third Friday of the month with winners getting \$5, \$3 or \$2. So come on and join and enjoy yourself.

On Sunday, Feb. 3, starting at 5:30 p.m., we will be having our annual Super Bowl Party at the Health & Recreation Ballroom. The cost is \$3 for members and \$6 for guests. The \$1 increase is because of the increase in our cost for food. We will be having a chicken dinner, there will be poker games and some will even watch the game. Please let Marie and Carmen know by Jan. 25 if you're coming to the party.

Happy New Year and I'll see y'all on the 18th. ☺



Computer Club
Sherry Surdam

Here it is — the New Year already. Seems to me that I was just writing last year's January column. Time goes so fast! Hope you all had a wonderful Christmas and New Year and are looking forward to whatever 2008 has to offer.

As far as your Computer Club is concerned, we are working diligently on some new presentations for our Saturday meetings. It has been difficult to come up with new ideas for programs but I think we'll have some ready soon. As they were not ready in time for this column, be sure to check the Web site for any which might be of interest to you.

December was a very short month for the club so there is really no news whatsoever. One class on using Picasa 2 was presented and that was the only formal class for the month. For those of you not familiar with Picasa, it is a photo managing and editing program obtainable free from Google.

At our meeting on Dec. 8, Don Sommer asked all of us to consider ideas for programs of general interest and for volunteers who would be willing to present a class on a topic with which they are familiar. All of our members have a bit of expertise in one subject or another and we would love to hear from any of you. It can be intimidating to stand up in front of the group and talk but I know from personal experience that you are among friends and it gets easier over time!

All meetings are held at 9 a.m. at the Arbor Conference Center, Suites B and C, on Tuesday, Thursday and Saturday. If you aren't a member yet but want to see what we do, come on up and give us a look-see. I think you'll find we have much to offer both novice and more experienced users!

For Mac users, we always dedicate the second Tuesday of the month to classes and/or questions and answers on the Mac operating system.

As always, be sure to check the calendar on our Web site at www.cccocala.org for the dates of our presentations and for any scheduling changes that are inevitable. Hope to see you soon and happy computing! ☺

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Photo by Larry Resnick

Golf carts line up outside the Arbor Club for the annual Christmas Golf Cart Parade.



Photo by Lennie Rodoff



Photo by Lennie Rodoff



Photo by Lennie Rodoff



Photo by Lennie Rodoff

A First-Person Interview with Ole St. Nick

By BOB WOODS
WORLD NEWS WRITER

It all started out when I sat down to interview this character who was unshaven, spouting long white whiskers and in need of a haircut. This fat little fellow was wearing clothing that would really stand out in a crowd. It was not by any means conservative clothing but a bright red suit with furry white trim. It wouldn't be something that I would wear in a crowd or a gathering, as I would realize everyone present would be staring at me, some with that eye of disappointment while others might have a sparkle of glee.

The object of the interview was to get his thoughts while visiting On Top of the World during the holiday season. He did mention previously what he wanted and what he disliked. I was interested in getting his personal viewpoints on his welcome to our community. This fat little guy really looked like an elf, if you have ever seen one, as I am sure I noticed people of his stature while visiting Ireland this past fall. They are all alike, quick spirited, witty and completely avoiding the point of any questions asked. This character was no different. He avoided most questions. Every time I struck on a sensitive subject, he would put his finger alongside his nose. I had no idea the meaning of this gesture.

I started my questions trying to get his reaction to the Golf Cart parade that was held mainly in his honor. This fat little runt started shaking violently when he began to laugh at some of the questions asked. He told me he was very impressed with the huge turnout of boys and girls that lined the parade route. He was so used to seeing what was in front of him as he elaborated that normally there are eight tiny reindeer.

Instead he was led by more than 50 golf carts, all decorated for the holiday occasion. He did mention to me that all the carts must have taken hours to decorate while some must have taken days. He wasn't used to this type of sled he was riding in, which had no runners as most sleds are equipped with, but rather this mode of transportation was an antique vehicle donated for the occasion by Tom Miller, an On Top of the World resident.



Photo by Lennie Rodoff

Santa Claus makes an appearance in the Christmas Golf Cart Parade.

He couldn't yell out to Rudolph, who would normally be leading the pack, as he might offend the guy in front riding in a similar sled. I told him that guy was Ken Colen who is the owner of this huge residential complex. He couldn't quite understand why there was a sled in front as well as the one at the rear of the procession he was riding. His fears were subsided with the cheering of the onlookers as this fat little fellow told me he loves attention.

He asked, "Who was responsible for getting all the residents to decorate these replacements for my reindeer?" I told him the ladies who deserve all the credit were Betty Thayer and Mary Curry. I asked why he wanted this information and all I received was a smile.

Since the Golf Cart Parade was in the afternoon, this fat little elf character needed a rest as he told me the heat was getting to him. After all he said, "My clothing was made for cooler temperatures, not the heat of Florida." I reminded him that he visits many homes

in Florida during his Christmas Eve flight through the state and he politely informed me that when he travels through our state it is well after midnight when the temperatures are a lot cooler. He whispered in my ear asking me if I thought he was a "nut." I kept my silence as not to jeopardize my chances of getting anything I desired for the holidays.

That evening this fat fellow attended the Holiday Festival Program held in the Ballroom of the Health & Recreation Building. This time this little guy who I found out is called Santa came to the event disguised so no one attending would recognize or tell him what they thought or the many things they wanted and what they didn't want waiting for them when awoken on Christmas morning. His discreet appearance fooled most but some in attendance knew exactly who he was, sitting in that antique car at the rear of the parade.

Anyway, I saw him many times consuming the many cookies shaped like ornaments displaying colored sprinkles. He told me be-

fore that he loves cookies, especially oatmeal raisin and plain sugar cookies in the shapes of holiday figures, including some of himself. The Ballroom was decorated by volunteers Kay Chandler and Shirley Schopf plus much help from a handful of little elves.

I noticed this bearded guy inched his way closer and closer to the table harboring the cookies. I saw him completely devour a Christmas tree cookie in a matter of seconds. Then I noticed a large star with yellow sprinkles disappeared behind the beard and then a bell was devastated. I couldn't help but to giggle to myself when I saw this overweight person in disguise completely crunch up a Santa Claus cookie with all kinds of colored sprinkles.

Looking at him after he traversed both sides of the cookie table I noticed his beard was multi-colored with sprinkles and crumbs. The jolly old fellow was having a time for himself. I almost burst out laughing when this chubby fellow turned around and seeing the crumbs and sprinkles in his beard and at the same time he colored his mustache from white to brown after sipping on hot chocolate.

He mentioned to me he thought the tree was fantastically decorated and commented on all the wreaths adorning the walls. I told him folks from neighborhoods, clubs and On Top of the World organizations decorated those wreaths.

When it came time for singing Christmas carols this guy as I mentioned who was disguised sang right along with all the folks attending. He said to me later in the evening that he really enjoyed all the entertainment especially all the hard work of those who organized the festivities. I informed Santa that the day's festivities could not have taken place if it wasn't for the resident volunteers along with management.

As I sat home that evening after all the goings on I smiled at myself as I looked into the mirror. I wasn't looking at an elf from the North Pole but the bearded body of myself. You see, one can really get involved in what one does. I had fun. I hope you did also. I also hope you had a great holiday season and that the New Year will bring you rewarding health and prosperity.

Happy New Year! 🎅



Women of the World
Marsha Vieu

The December holiday luncheon of Women of the World in December was a great success. All in attendance enjoyed a wonderful buffet catered by Friendship Catering, and delightful entertainment provided by our own Vivian Brown as well as the Cherrywood Singers. A big thank you goes out to all who donated food for the Salvation Army. As usual your generosity was overwhelming.

Can you guess who this "behind the scenes" member of WOW is? She is always helping out, taking pictures, keeping scrapbooks, making decorations and volunteers to do anything else that is needed. She spent hours preparing for the Rags to Riches sale and all it entailed. She is active in clogging, line dancing and exercise. She is a Red Hatter. In addition to all this, she and her husband run a travel agency business. Any guesses!

It is our own Judy Long. A big thanks goes out to Judy for all of the wonderful decorations for the holiday luncheon, as well as her hard work throughout the year.

Nancy Grabowski was contacted by Kay Chandler, one of our On Top of the World volunteers and WOW members, to decorate a holiday wreath on behalf of Women of the World. The wreath has been hung in the Health & Recreation Ballroom where it remained during the holiday season, along with wreaths decorated by other clubs. We hope all of you will enjoy the spirit of the season these wreaths represent.

We know the details of the Fashion Show have been mentioned in the past few articles. Coming in January is our chance to put the words into actions. Ticket sales begin prior

to the January meeting. As in the past, when purchasing your ticket, or table of tickets, it is necessary to pick what you will eat. Your choices for lunch are: club salad with crackers or southwest turkey wrap with chips. We appreciate those of you who have your checks ready or exact change (\$16), as well as your choice made for lunch, and we really thank you for your patience waiting in the line! It might be a good idea to get together with your friends and send one person to purchase a table of eight, which would shorten the line plus ensure that you get a super spot to view this year's production.

Tickets will continue on sale after the January meeting as well as before and after the February meeting. Should any tickets remain after the February meeting, call Nancy Grabowski at 873-4315 to purchase them. There will be none sold at the H&R in February. Additionally, we need a few more husbands to volunteer as waiters during the Fashion Show. If anyone is interested, please contact any of the officers.

Our nominating committee, chaired by first vice president Bobbie Roeder, will soon be preparing a slate of officers for the 2008-09 year. It will be presented to the membership for consideration and vote in April. If anyone is interested in being considered as an officer, or would like to nominate someone for office, please contact Bobbie Roeder at 237-5681. The term of an office is one year, but can be held for a maximum of two years. Nominees are encouraged to "shadow" the officers to make the transition a smooth one. We urge willing volunteers to step forward.

We have a Sunshine Committee that strives to send out special "hugs" (in the form of cards) to members who are ill, have suffered a loss or are in need of a friendly greeting. If you know someone who needs such a hug, please send her name and address to Nancy Grabowski at Nnutss456@aol.com or call her at 873-4315. This committee functions year-round; we don't want to forget any of our members when they need us the most.

We hope to see everyone at the January meeting. Our speaker for that meeting will be Ruth Dyer who will give us tips on closet organizing and interior decorating.

The charity of the month is Sheltering Arms, which is in need of towels, diapers, and children's toiletries.

For any or our residents (in any On Top of the World community) who are not WOW members, we hope you will consider joining us and becoming part of our wonderful group. We look forward to meeting all of you at the meeting. ☺



Photo by Andy Zarrella

Racing their 'horses' at the New York/New Jersey Club are, from left, Terry Zarrella, Jeannette Volk, Joe Novatnack, Kathryn Grzeszczak and Christine Best.



**New York/
New Jersey**
Terry Zarrella

November's meeting held our annual "horse racing" hosted by John Zanazzi. As you will see in the above picture several of our members served as our "friendly horses" and one horse in particular was very popular. The big winner of the day was Mary Rongetti, winner

of five races out of six. John did a fantastic job as usual and makes this day quite enjoyable and interesting. Sue Zanazzi and Frank Palotta handed out the prizes and our ticket agents did a wonderful job.

We sold quite a number of tickets for our Christmas party, which I will elaborate on in next month's column. Our parties are quite popular and with growing membership and new residents and renewals we have a great club with friendly faces and wonderful cheerful and happy people attending our functions.

Tickets are still available for our Tampa Bay Downs trip, which will be held the first Tuesday of February. If you are interested please call Liz Ettell; she's in the phone book. If you have never attended our trip to Tampa Downs you will be pleasantly surprised at all the fun you will have. Tickets cost \$37 for members and \$38 for non members. The cost includes, dinner buffet, entrance fee and tips to the bus drivers.

The board members of the club hope everyone had a great Christmas and Hanukah and wish everyone a Very Happy, Healthy, joyous and wonderful New Year.

Until our next meeting ... stay well, laugh often ... be happy! ☺



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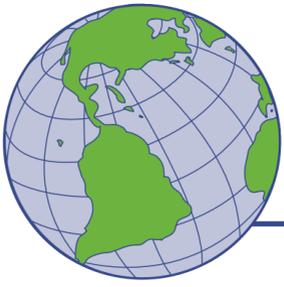
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On Top of the World NEWS

Where the News is Always Good

Escape
to the Bahamas
for a winter
holiday, Page 33



Section 2

Vol. 21, No. 7 • January 2008



Anne Vivarronda and John Stasiak, two of the hundreds of cookie monsters attending the evening festivities, load up on cookies which were part of the refreshments served at the Christmas event.



Photos by Bob Woods

The Cherrywood Songbirds sang Christmas carols. The Songbirds were part of the evening's entertainment at the Health & Recreation Ballroom.



John Gysen rides his 'Penny Farthing' bicycle in the parade. The bike dates back to the 1870s and came from England.

Community Holiday Festival Thank You

By LOLLY FOOS
ACTIVITIES DEPARTMENT

Another year has passed and what a great time we had. Special, special thanks to the following management personnel and residents for making this year's festivities the best.

Management participation: Ken Colen, Lynette Vermillion, Jo Salyers, Debbie Clark, Cammy Dennis, Mary Pat Giffin and Lynn Stock.

Outside participation: Capt. Jim Burton and his "huge" staff from the Sheriff's Department, Sheriff Ed Dean's blessings, and Friendship Fire Station 21 (Mike Connolly).

Special Assistance: Joe Berger who always sees that we are supported by the Sheriff's Department; Mary and Burl Curry for putting up and taking down the special "parade" signs, and my husband Roy who is always ready to assist where needed.

Golf cart participation: Mary Curry and Betty Thayer (coordinators) and more than 50 residents from all On Top of the World communities who decorated their beautiful carts and vehicles. All of you are to be congratulated on great imagination and talent. Tom Miller and Chuck Frederick who transported Ken Colen (grand marshal) and Bob Woods (Santa), Norm and Caroline Scott (bull horns), Jim Chandler (cart patrol), Joe Berger, Jim Miller and Gary Rodoff (Community Patrol) and Paula Magen and her group of D'Clowns.

Evening Festivities: Kay Chandler (refreshment coordinator), Shirley Schopf, Jo Swing and Judy Dunn for setting up the coffee, hot chocolate and cookie trays. Cherrywood Songbirds (directed by our own Jean Monroe), Bob O'Neal (emcee and entertainment), Elaine Hersh, Vee Firkins and her Fun Time Cloggers, Peggy Campbell, Dot Muller and her 12 days of Christmas group, and last but not least all the residents and management personnel who donated those wonderful homebaked cookies. We had plenty to share with local assisted living facilities. Delivery was made by Jim and Kay Chandler.

Others who supported this community event were Bingo, Entertainment Group, Friendship Social Club, Movie Club, Social Club and Women of the World, Theresa Jubin, Sound and Lights and Norbert Sachs and Lennie Rodoff from the Shutterbugs.

December 19 Program: A special thanks to Mary Ehle (coordinator housebound resident visit) and Jean Pryor, our own On Top of the World bus driver, who transported approximately 15 singers who visited residents, sang a few songs and presented them with a poinsettia plant donated by the Entertainment Group and the Movie Club. In addition, Claudette Moher prepared gift bags containing cookies and candies for the residents.

As you can see, there were so many people who contributed to the success of this event. Thanks to all of you.

Happy new year to you and yours. ☺



Photo by Joe Novatnack

It Can Get Chilly!
Resident Joe Novatnack shared this photo of his from Jan. 29, 2004 — proof that it can get downright chilly here.

New Choral Group Forms

By JEAN MONROE

"Why doesn't our community have a chorus like that?" The question has been asked more than once by more than one person.

The answer: "I don't know. There used to be one."

Now a small group of residents has decided it's time to re-form the Concert Chorus here in On Top of the World. An informational/organizational meeting is planned for Thursday, Jan. 10, at 3 p.m. at the Arbor Conference Center, Suite D.

If you feel comfortable singing four-part arrangements and want to be part of a group that rehearses on a weekly basis, bring your ideas and meet us there!

For more information, call Jean at 291-0529 or Jean at 861-0323. ☺



Photo by Larry Resnick

Community Patrol Appreciation

Members of the Marion County Sheriff's Department Community Patrol attended the group's appreciation dinner in December. From left are Capt. James Burton, Jim Miller, Sheriff Ed Dean, Sal Lanzetti, Joe Berger and Gary Rodoff.



Men's Golf Association
Paul Del Vacchio

Welcome to 2008 members. Everyone must pay their dues for 2008 or they will not be able to play in any of the MGA events. You can pay your dues by using one of our envelopes; put your name, your local number along with your \$10 and mark on the envelope 2008 dues.

By approval of your Board of Directors at our December MGA board meeting, we will be playing at Candler Hills with their Men's Association on Tuesdays from June 2 until Oct. 18 or until the Links is ready to open. During this time there will be no MGA play at On Top of

the World on Wednesday. The cost for golf is free if you are a paid member of the Links and T&H courses. We just pay for the game that is played on their Tuesday's MGA day.

Do not forget to pick up your 2008 MGA booklet. It will keep you informed about the coming events and tournaments. Please read your booklet — there are changes in the rules. One of the local rules that have changed is the markers/barriers; the white 150 yard markers to the side of the fairway may not be removed if it interferes with your stance, swing or line of flight. There is relief of one club length.

In January 2008 we start our President's Cup, which is a match play tournament. This year we are doing it differently. This is a single elimination match play tournament using 100 percent of the MGA handicap. Every player gets strokes on the hole that their handicap dictates. Tee times will be assigned. The cost is \$5.

If there are any comments or complaints, please make me aware and I will bring it up at the monthly Advisory Committee.

WORDS OF WISDOM: "Golf is more exacting than racing, cards, speculation or matrimony. In almost all other games you pit yourself against a mortal foe; in golf it is yourself against the world: no human being stays your progress as you drive your ball over the face of the globe." *Arnold Haultain, The Mystery of Golf.*

See you around the course

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Director of Golf
Jeff McDonald

for the Ghin Holiday Open Golf Event. Many of you commented on the band and how much you enjoyed them. I think that you should know that one of your own, Chip Futch, was the base guitar player and the name of the band was the Rear View Mirror. This had to be the best event that we had since I have been here and it was all because of you. Thank you!

A quick word concerning paying your membership for 2008: you should have received your bill for 2008 in the mail before the end of December. If you did not get a bill in the mail Gwen will be able to help you in the members lounge and this year she will be able to swipe your credit card right at her desk. This should speed things up and be more convenient for you.

We have big plans for the Ocala Open this year at Candler Hills and we will need players for the Pro-am or volunteers to help run the event. Information will be available sometime in January, ask for details at either golf shop.

Don't forget that we are having monthly Demo Days at Candler and you are all welcome. The schedules will be available in the golf shop by the time you read this letter. I hope! Fingers crossed!

Candler Hills Golf Club

I had a good time at our Christmas party and enjoyed the opportunity to talk with several of you about stuff other than golf. Thank you for showing your appreciation to Jason and his staff by buying merchandise from them.

Hey, guys, I would like to inform you that we are hosting an East Central Chapter Pro-am sometime in February and would love to play with you. As soon as we have details we will post it in order to get all of you involved as possible. This event will be for the men like the one we had for the ladies back in October. The Pro-am will be played on a Monday.

I would like to thank Tom Smith for playing in the Pro-Official golf tournament with me, and boy, did he have a load. He played so well that we only missed cashing by a couple of strokes and the sand baggers were out.

A word concerning paying your membership for 2008: you should have received your bill for 2008 in the mail before the end of December. If you did not get a bill in the mail Gwen will be able to help you in the members lounge and this year she will be able to swipe your credit card at her desk. This should speed things up and be more convenient for you.

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It's time to play! 🍀

On Top of the World courses

Wow! Happy New Year's!

It is true the years seem to be getting shorter.

I am writing this letter right after our Christmas party at On Top of the World and it was great. Thank you for showing your appreciation to Nick and his staff by buying merchandise from them.

There are so many things to share with you; I do not know where to start.

I guess we should start with the fact that your golf staff at On Top of the World will be even better in 2008 with the addition of a second assistant golf professional to help Nick provide the service of score cards and scoring for the different associations and the overseeing of the Ghin handicap service. The young man's name is Mike West so please join us and make Mike feel welcome. There is also an awesome addition coming to the staff that I cannot tell you about as I am writing this letter. So, you will need to come by the golf shop to meet this person and let them know how glad you are to have them.

Now I need to clear up a story that is being spread among you, that is half true and mostly a rumor. The story is concerning the changes that are planned for the Links golf course in 2008. Rumor has it that we are now not doing the changes for the next two to five years. This is the part of the story that is somewhat true. The fact is that the decision has been made to place the new five holes and the new community around those holes on hold, until a later date in the future. So, what does this mean? That we are still going to do the changes that we told you about on the 12 holes and in addition we are going to go ahead and change out the green surfaces on the five holes that will eventually go away so that all 18 holes will have the same grass on them. All of the other issues that were addressed as well, in the October golf meeting, are going to be done. We are still using the same time lines. Please remember, the same company that built Candler Hills, is doing the remodeling.

We plan to continue as planned with the golf event on June 1 and close on June 2 for the summer of 2008 and look forward to having a new golf course basically in October. We will all play golf on Oct. 18.

Big news to all the On Top of the World golf courses (The Links/The Tortoise & The Hare) full year golf members for 2008! We are excited to give you a one-year Grass Hopper Club membership for free, for supporting us as we improve your golf course. A Grass Hopper Club membership entitles you to hit unlimited range balls and allows you to purchase merchandise at cost plus 15 percent in the golf shop. This is a huge savings to you and will give you a chance to buy all your golf equipment at great prices. I would like to thank you in advance for your continued support.

You know already but I had a great time watching you enjoy the day of golf and then come back for dinner and dancing on Dec. 7

Gross: 70—Jon Hill; 73—Larry Joseph; 74—Dick Gray; 76—William E. Young Jr.; tie at 80—Frank Smith, Ed Darichuk, Ralph Solvold.

Net: 58—Michael Drabicki; 62—Tom McHaffie; tie at 65—Jay Borden, Paul Perrault, Dick Norris. Flight 2/Tortoise & Hare

Gross: 82—Bob Cates; tie at 83—Don Guymon, Ron Thompson; tie at 86—John Pachin, Guy Russell, Kenneth Vanderkolk.

Net: 65—Leonard Ruble; 66—David Miller; tie at 67—Ronald Wilson, Gerry Achtenberg; tie at 68—Steve Becker, Douglas Coleman.

Flight 3/Links

Gross: 86—Clifford Jones; 87—Joseph Bologna; tie at 89—Doug Graham, Roland Schwab; 91—Bev Seal.

Net: 66—Robert Carter; 67—Mike Flynn; 68—Phil Johnson; 70—Bob Bell; tie at 72—Tary Bole, Paul B. East.

Flight 4/Links

Gross: 90—Bill Koch; 94—Don Noel; 95—Bob Selmon; 96—Fred Rodriguez; 99—Ray Messer.

Net: 65—Norm Lallier; tie at 69—Bill Krusen, Gordon Phillips; tie at 70—Ralph Schmidt, Joe Morea.

Team Stableford

Net by Flight • Nov. 21 • Links

153—Colin Adamson, Robert Carter, Dan Carty, Dick Gray; 149—blind, Mike Driver, Sherman Hutchings; 146—Larry Chase, Rocky Groomes, Vince Nucaso, Glen Swiger; tie at 143—Jack Ashenfelter, Tom Fragapane, Leonard Ruble, Guy Russell; Charles Casale, Dick Griswold, Paul Perrault, Philip Shirley; blind, Art Buecher, Dick Dzik, Charles Mattingly.

9-Hole Low Net

Nov. 14

Flight 1: 37—John Smagner; 40—Roland Smith; 41—Don MacMurray; 42—Gordon Blanchard; 49—Rick Benzing.

Flight 2: 35—Zane Barnett; 38—John Ricciardone; 43—John Gartung; 54—Fred Land; 64—Hal Stewart.

18-Hole Team 2 Best Balls

Nov. 28 • Tortoise & Hare

113—Michael Drabicki, Carl Zeiler, Tom McHaffie, Dick Fields; 116—Bob Kencrick, Ron Thompson, George Blankenship, Francis Caprez; 118—Steve Gregely, Joseph Bologna, Tom Deegan, Bev Seal; tie at 120—Ron Cleveringa, Dick Griswold, Ken Gilmore, Howard Sale; Chuck Nicholas, Ralph Solvold, Johnny Gill, Bob Cronin.

Links

120—Jack Border, Dave Brazeau, Joe Morea, Jo-

seph Wilssens; 123—Robert Carter, Leslie Finney, Joe Michaelson, David Miller; 126—Steve Becker, Ken Cotte, Jim Entinger, Rice Rogers; tie at 127—Bob Bell, Clifford Jones, Richard Schiller, Jerry Segovis; Charles Casale, Bill Hawk, Jack Hegarty, Roland Schwab; George Deignan, Norm Lallier, Don Noel, Albert Novotny; Harry Brower, Ray Messer, John O'Neil, Fred Rodriguez.

9-Hole Low Net

Nov. 28

35—John Ricciardone, 38—Roland Smith, 39—Gordon Blanchard, 41—John Gratung, 42—Zane Barnett.

18-Hole Low Net and Gross

Dec. 5 • Low Gross/Low Net

Links • Gross

Flight 1: 73—Larry Joseph; 76—Dick Gray; 79—Jay Borden; 81—Paul Wade; 83—Dick D'Addio. **Flight 2:** 86—Dick Fields; 89—Steve Becker; 90—Wally Schilf; 91—Jack Ashenfelter; 91—Bill Flannery.

Net

Flight 1: Tie at 66—Raymond Beloin, Ed Darichuk; 68—Ed Klodzen; 69—Ron Thompson; 70—Tom McHaffie.

Flight 2: Tie at 69—Bud Harris, Tony Magri; tie at 71—Paul Stone, Richard Schiller; 74—Francis Caprez.

Tortoise & Hare • Gross

Flight 1: Tie at 89—Bob Bell, Robert Carter; 90—Hira Roy; 91—Clifford Jones; 92—Vince Nucaso. **Flight 2:** 89—Don Noel; 97—Bill Koch; 98—Nick Zoccoli; tie at 99—Bill Krusen, John O'Neil.

Net

Flight 1: 68—Archie Pollard; tie at 69—Douglas Coleman, Jerry Segovis; tie at 71—Calvin Apperson, Tary Bole, Roy Myhr.

Flight 2: 64—Ken Cotte; 67—Jack Border; 70—Ralph Schmidt; 72—Peter M. Peterson; tie at 74—Thomas Bednar, Frank Palotta, William McGarry, Jim Entinger. 🍀

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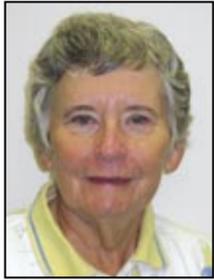
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Upcoming Publication Date
February issue: Thursday, Jan. 31



Ladies 18-Hole Golf
Mary Lyon

The Rally for a Cure Tournament was held on Nov. 13. Forty-eight ladies played. It was a wonderful event due to the hard work of the committee, Linda Bervinkle, Flo Emanuel, Phyllis Carty, Patty Bourgault, Jo Apperson and Ruth Border. The tables were decorated in shades of pink and each participant received a prize.

Linda Bervinkle spoke to the women on the importance of yearly mammograms and monthly self-exams.

The Christmas luncheon was held on Dec. 5. Everyone was looking festive and the holiday season was in the air.

The committee of Phyllis Carty, Margie

Wade, Jan Kingsley and Patty Bourgault did a great job. There were lighted Christmas trees on all the tables, which were provided by Patty Bourgault. Another tree was adorned with lace angels supplied by Margie Wade. Each woman received one along with another gift. We can all think of Margie as we put out our angels each year!

The programs were also done by Margie and she included a lovely message along with some of her favorite holiday recipes. The luncheon was enjoyed by all.

Our general meeting will be held on Jan. 8 following golf. There will be a luncheon, look for information on the bulletin board.

Rally for a Cure • Team Shamble
Nov. 13

110—Beverly Ovrebo, Angelita Pena, Marti Marta, Elsie Calabrese; 111— Mary Lyon, Jean Culp, Dea Johnson, Mary Alice Narwold; 115—Jerry Gill, Jo Ann Roney, Shirley Smagner, Helen Foskett; 116—Nancy Nicholas, Andrea Fratarangelo, Carol Clark, Jeanne Rice; 118—Mary Driver, Betty Gustafson, Mary Skennion, Ellie Rapacz; 119—Judy McGrath, Georgette Perrault, Doris Holman, Carolyn Cummings.

Chip-Ins: Sandy Chase, Betty Crippen, Dea Johnson, Pat MacMurray.

Low Gross & Net
Nov. 20
Flight 1

Gross: 84—Nancy Zielinski, 90—Jerry Gill, 92—Nancy Darichuk, 92—Beverly Ovrebo, Iro Lisinski.

Net: 70—Carol Joseph, 71—Mary Driver, 73—

Sandy Chase, Bonnie Leclerc.

Flight 2

Gross: 92—Betty Gustafson, 98—Rosemarie O'Neil, Flo Emanuel, 103—JoAnn Roney.

Net: 71—Velma Rose, Mary Jane McAtee, 76—Pat MacMurray, Margie Wade.

Flight 3

Gross: 100—Lou Borders, 102—Angelita Pena, 108—Marilyn Rose, 110—Serine Rossi.

Net: 72—Norma Cleveringa, 73—Shirley Smagner, 76—Harriet Brower, 79—Jo Apperson.

Flight 4

Gross: 110—Carolyn Cummings, 111—Jeanne Rice, 116—Rose Hoovler, Ellie Rapacz.

Net: 76—Helen Foskett, 77—Mary Alice Narwold, 79—Elsie Calabrese, 85—Ruth Border.

Chip-ins: Jo Apperson, Ruth Border, Lou Borders, Nancy Darichuk, Iro Lisinski, Mary Alice Narwold, Jeanne Rice, Margie Wade.

Florida Scramble
Nov. 27

73—Nancy Zielinski, Lou Borders, Elsie Calabrese; 73—Beverly Ovrebo, Serine Rossi, Angelita Pena, Margie DeJohn Yarski; 74—Iro Lisinski, Mary Jane McAtee, Glenna Swank, Ruth Border; 74—Mary Lyon, Norma Cleveringa, Dorothy Muller; Jerry Gill, Velma Rose, Doris Holman, Carolyn Cummings.

4 Clubs and a Putter
Dec. 4
Flight 1

Gross: 96—Rosemarie O'Neil, 100—Mary Jane

McAtee, 102—Jean Culp.

Net: 71—Marilyn Rose, 76—Lou Borders, 77—Norma Cleveringa.

Flight 2

Gross: 110—Shirley Smagner, 111—Jeanne Rice, 120—Mary Skennion.

Net: 79—Ellie Rapacz, 83—Fran Griswold, 94—Ruth Border.

Chip-ins: Jeannie Rice.

Low Gross/Low Net
Dec. 11
Flight 1

Gross: 80—Iro Lisinski, 84— Beverly Ovrebo, 90—Gretchen Normandin.

Net: 69—Mary Lyon, 73—Carol Joseph, 77—Linda Bervinkle.

Flight 2

Gross: 93—Joan D'Addio, 102—Rosemarie O'Neil, 104—Janet Kingsley.

Net: 73—Betty Gustafson, Marilyn Rose, and Jean Culp.

Flight 3

Gross: 103—Lou Borders and Doris Holman, 106— Serine Rossi.

Net: 72—Rose Hoovler and Dea Johnson, 76—Harriet Brower.

Flight 4

Gross: 110—Euny Moore and Ellie Rapacz, 115—Helen Bextermueller.

Net: 74—Dorothy Muller, 79—Helen Foskett, 85—Elsie Calabrese.

Chip-ins: Linda Bervinkle, Betty Gustafson, Iro Lisinski, Mary Skennion.



Ladies 9-Hole Golf
BJ Leckbee

Wow! We raised \$550 for the Food-4-Kids program thanks to your generosity and Darlene Bole's dedication to this cause. This is especially significant as it happened within a few weeks of the Rally for the Cure.

Our Christmas luncheon at the Arbor Club was a rare chance for us to mix and mingle with each other and with our social members while showing off our dress-up hairdos and outfits. Gretchen Saker, Dodie Phillips and Dot Wagner did a first-class job with the decorations and the luncheon arrangements. The holiday spirit was evident in the hugs, the laughter, and the time spent with friends old and new.

Judy Kane has volunteered to chair our Feb. 12 invitational. This is our day to host the On Top of the World 18-hole ladies league for nine holes of golf. With all Judy's experience, we know she'll do an outstanding job!

Effective January, our colors will be blue and khaki (a.k.a. tan) instead of blue and white. Rally time will be 9 a.m. through the cold winter season, with play starting no later than 9:30 a.m. Both items were voted on by

the membership at the Dec. meeting. Those who didn't attend missed their opportunity to vote. Next meeting is Jan. 15. Hope we see our missing members at this one!

The honorary title of chip-in queen has passed to Marlene Floeckher, who managed four, yes, four, chip-ins on 18 holes on the Tortoise & Hare. Although this didn't happen in a league tournament, Marlene has served notice that she is a force to be on Tuesdays. Who will be next to claim the title? Practice, ladies, practice!

3 Blind Mice
Nov. 20

Chip-ins: Cathy Hathaway, Ruth Mitchell, Shirley Stolly, Dot Wagner

Flight A: 26—Millie Nucaso, Darlene Clark; 28—Agnes Tetti, Deni DeHart; 29—Grace Bock.

Flight B: 36—Jean Flynn; 37—Shirley Stolly, Raquel Berdichevsky, Joan Rappa, 39—Mary Carson, Carol Bell

Flight C: 37—Marilyn Rowe; 38—Sumiko Bridges, Michael Beyer; 39—Virginia Blanchard.

Flight D: 38—Evelyn Stewart, 41—Ida Rosendahl; 42—Charley Hassett.

Charity Scramble
Nov. 27

43—Jan Moon, Joan Rappa, Cathleen Hathaway, Darlene Bole; 44—Marie Palombo, Judith Kane, Donna Swiger, Lucy Quaranta; Mary Hart, Marie Segovis, Mary Carson, Kathy Bologna; 45—Agnes Tetti; Raquel Berdichevsky, Phyllis Smith, Sylvia Mark; BJ Leckbee, Sylvia Willoughby, Sumiko Bridges, Charmaine Hassett; June Tassinari, Marie Greco, Michael Beyer, Evelyn Stewart.

Modified Scramble
Dec. 4

43—Millie Nucaso, Carol Bell, Brenda Smith, Joan Rappa; 44—Marie Palombo, Thelma Smith Mary Hart, Jan Moon; 45—Virginia Blanchard, Michael Beyer, Bobbie Kinsey, Helen DeGraw; Gretchen Saker, Marilee Dam, Mary Carson, Marie Greco; Vica, Alice McDaniel, Lucy Quaranta.



Mini Golf
Jack Coyle

Providence Putters
Nov. 13

Ladies: 48—Eva Miller; 53—Sandra Ensley; 57—Emmy Ricciardone; 59—Inge Vogt.

Men: 35—Kurt Vogt; 37—Bob Maxwell; 47—Doug Ensley 51—John Ricciardone.

Nov. 20

Ladies: 44—Emmy Ricciardone; 48—Eva Miller; 53—Inge Vogt.

Men: 37—Bob Maxwell; 39—John Ricciardone; 45—Kurt Vogt.

Nov. 27

Ladies: 47—Eva Miller; tie at 50—Inge Vogt and Emmy Ricciardone.

Men: 38— John Ricciardone; 42— Kurt Vogt.

Dec. 4

Ladies: 41—Inge Vogt; 42—Eva Miller; 48—Emmy Ricciardone.

Men: 38—Kurt Vogt; 40—Bob Maxwell.

Dec. 11

Ladies: 42—Inge Vogt; 46—Emmy Ricciardone; 52—Eva Miller.

Men: 38—Kurt Vogt; 40—Bob Maxwell; 43—John Ricciardone; 49—Oliver Aube.

Sunday Mini-Golf
Nov. 18

Ladies: 43—Eleanor Krowka; 46—Emmy Ricciardone; 47—Chris Resta; 51—Eva Miller; 60—Jean Miranto.

Men: 37 Bob Maxwell; 38—Ben Resta; 39—John Ricciardone.

Nov. 25

Ladies: 47—Florence Soens; 48—Emmy Ricciardone; 52—Jean Miranto. Tie at 53—Chris Resta and Eva Miller.

Men: 39—Dick Soens; 40—John Ricciardone; 41—Bob Maxwell; 43—Ben Resta

Dec. 2

Ladies: 41—Emmy Ricciardone; tie at 45—Florence Soens and Eleanor Krowka. 48—Eva Miller; 50—Jean Miranto.

Men: 41—Bob Maxwell; 42—Dick Soens; 44—John Ricciardone.

Dec. 9

Ladies: 42—Eleanor Krowka; 51—Emmy Ricciardone; 58—Jean Miranto.

Men: 37—John Ricciardone; 43—Bob Maxwell.

Thursday Mini-Golf
Nov. 15

Ladies: 44—Florence Soens; 49—Emmy Ricciardone.

Men: 44—John Ricciardone; 45—Dick Soens.

Nov. 22

Thanksgiving Day —No Golf

Nov. 29

Ladies: 44—Emmy Ricciardone; 46—Florence Soens; 62—Jean Miranto.

Men: Three-way tie at 44;—Ben Resta; John Ricciardone and Dick Soens.

Dec. 6

Ladies: 45—Chris Resta; 51—Emmy Ricciardone; 52—Florence Soens; 69—Jean Miranto.

Men: 39—John Ricciardone; 44—Ben Resta; 51—Dick Soens.

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Golf Tip
Sally Collins

New Year, New Attitude

Has your golf game suffered because of poor swing mechanics or negative thoughts resulting in not so good scores? Maybe it's time to start the new year with a mental makeover on the golf course.

How you think about the environment of the upcoming shot often influences the result. If you focus on the trouble surrounding the

target, you will tend to wind up there. Why? Because your brain has focused so much on the place you don't want to go — sand bunker, water hazard, trees or out of bounds, you actually start to believe that is the intended target.

Keep your focus on the positive — where do I want the ball to go.

When you give yourself swing thoughts, are they in a positive connotation? Do you say, "Don't go left there are trees and out of bounds" or do you think "I'll aim for the right side of the fairway as it is wide open."

Avoid the negative because your brain can't comprehend the word n-o-t. That means your brain hears "Go left to the trees and out of bounds." And you wondered why your ball went OB left?

Avoid believing bad thoughts such as "I'm a poor putter, I always three putt or I can't make a two footer." You start believing those comments and then you live up to your expectations. Isn't it wonderful you convinced yourself you can't putt? Do you think the successful Tour pros bestow negative thoughts upon themselves? Tell yourself how successful you really are!

To achieve your New Year's resolution of lowering your handicap in 2008, you need to start with a new attitude that remains in the positive state of mind. May your pars be many and your bogies be few in the upcoming year!



Photo by Ray Schultz

Bocce at play: who is in this picture?

Bocce Club
Ray Shultz

There is nothing as evocative as the scent of a Christmas tree. In a whirlwind of memories and nostalgia, one is instantly sent back in time to cherished childhood scenes. Memories of the soft hush of falling snow, the warm glow of a crackling fire. You crunch your way through the snow to find a perfect tree. Trying to avoid the sticky sap and the pricks of a fresh fir tree, you pack your prize home with your ice-encrusted mittens.

This could be a beautiful and sentimental Christmas card. However, in Florida this is not the Christmas most On Top of the World residents experience. In On Top of the World, palms can be seen twinkling with lights, and it is 82 degrees on Thanksgiving. Personally, I now prefer sun than snow.

Bocce trivia: Bocce was played throughout Europe. Emperors, admirals, generals, poets, sculptors, scientists and people from all sta-

tions of life were active participants in the sport. It was a favorite with Giuseppe Garibaldi.

Throughout history innumerable bocce games have been played in the streets, alleys, squares and country greens of every European country and in North and South America. Lovers of bocce will play wherever there is adequate space available. On Top of the World residents are fortunate in their bocce facilities. There are many other clubs throughout the state.

Fellow bocce players, here we are at our winter break and we will start up again in January. I would like to remind you that free-play bocce is still on Wednesday mornings even during our break.

At this point in time the leading teams are: Wildcats, Sunshine, Four Fun, Hardball, Jets, Crossfire, On the Edge, Rolling Stones, Uconn and the Flintstones. The statistics of all 49 teams can be found posted on the bulletin board at the bocce courts. We will be having a best of bocce tournament at the end of our season.

Merry Christmas and happy new year to all and keep the bocce balls rolling.

Who is in this picture? ☺



Handicap Committee
Patricia Del Vacchio

What an absolutely gorgeous day we had for the Holiday Open Tournament. Jeff and Nicky did a very nice job. We all got a sleeve of golf balls, the dinner was delicious and the music from the band, The Rear View Mirror, was wonderful. Not quite "Dancing With the Stars," but we had some golfers dancing and enjoying themselves. The Ballroom was all decorated for the holidays and it just made the night extra special.

Nicky divided the field into two flights: Reindeer and Snowmen.

Six places were paid and the winners of the

Reindeer flight were:

Roy and Marge Myhr and Carl Arnold and Phyllis Jarskey with net 125; L. Goss, R. Hellman, C. Robinson and D. Holman with net 129; P. Peterson, P. Johnson, N. Clevering and M. Segovis with net 129; V. and M. Nucaso and B. and C. Bell with net 129, D. and F. Griswald and D. Hess and M. Wade with net 130; J. and S. Smagner and T. Fragapane and H. Bextermueller.

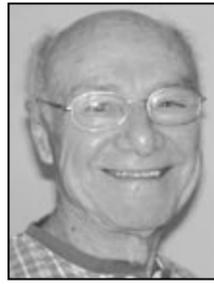
Winners of the Snowmen flight were Mike and Mary Driver and Bill and Andy Flannery with net 117; M. McAtee, R. Hoover, M. Sadler and W. Vaughn with net 125; C. and J. Apperson and T. and R. O'Neil with net 127; D. Grimm, P. Stone, S. Chase and L. Bervinkle with net 128; P. Shirley, E. Noe, B. Ovrebo and M. Lyon with net 132; C. and N. Nicholas and P. and G. Perrault with net 133.

I sure hope everyone had a good time regardless of the results of their foursome. Hopefully we'll see all of you next December for the second Holiday Open.

The scramble for Jan. 5 will be a Modified Scramble. Just a quick reminder of the rules: everyone drives, one shot is picked and that person does not hit the next shot, and this continues until arriving on the green where everyone putts. At this time I don't know the start time; be sure and watch for signs on the bulletin board, sign-up in the Pro Shop. The cost is \$2.50 per person. Paul and I will be hosting this event.

Make plans for Feb. 2 and the Scotch Two-some, hosted by Linda and Bill Bervinkle.

I'll see you at the flags. ☺



Billiards
George Tookmanian

While thinking about the billiard club in December of 2007, it comes to mind that we have had an eventful year as the poolroom has three new tables and is in good shape. There are little things that need to be done and there are volunteers addressing these needs as they come up. We are grateful to these members who give their time and skill to cover these needs. A tip of the hat to you all!

Our Christmas social proved to be a very nice affair at the Golden Corral. Fifty people had signed up to come and we enjoyed good food and fellowship, singing songs and having lots of dessert!

I do believe we have reached the 200-member number, what with the joining of a number of new residents to the club for the 2008 year, they are also considered to be 2007 members. Before I forget, the next club meeting will be Jan. 7 in the Craft/Ceramic Room, at 4 p.m. We will have refreshments and we hope you can be there. May I at this point send all club members and residents a very Happy New Year from the executive board of the club! Make a resolution to practice!

I have observed John Cahill giving instruction and advice to our lady members to improve their game, and

I feel I must commend John for his efforts. He has great skill at the pool table, but more importantly he seems to have the patience to impart his know how to the ladies. Nice work John!

Our teams in tournament play have done well. The "A" team has done well and is near the top in standings. The "B" team is ahead of last year's efforts; they are not "pushovers" for anyone. The "C" team has been struggling, as this is new to most of the players. They are steadily improving as they get to understand "strategy" in tournament play.

I read some advice written by the great Willie Hoppe, so, take heed. "Fix the eye on the point of the ball,

which the cue is to strike, and address that spot. Players sometimes acquire the habit of moving the cue in some other line and shifting at the time of delivering the stroke to the spot

at which they seek to strike. This obviously involves much chance of failure."

Now here is another quote: "Don't stroke harder than necessary to produce the desired result and bring the balls in good position for the next shot. General hard stroking is sometimes followed by good leaves, but this is usually luck. Remember, too, that it is more difficult to strike the ball accurately when you use a hard stroke." Mr. Hoppe offers another gem, "Take the game seriously, study it carefully, and its value as a recreation will be greater; more fun will be forthcoming. The listless, careless player not only does not improve, but also gets little out of it except a means of wasting his time.

He misses the rewards in bodily and mental refreshment which earnest endeavor always bring to him." So you know, Mr. Hoppe excelled in three-cushion billiard play, but I feel his wisdom is applicable to a pocket pool player. In closing, my Cathy and I wish you all the best! ☺

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February issue, Jan. 31

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**Friendship
Amateur Radio**
Ed Brendle

Thirty-two people attended the Friendship Amateur Radio Club's annual Christmas luncheon Dec. 10.

The Power Point presentations will continue at the upcoming meetings for the benefit of the new licensees.

Congratulations to our new "hams" and a special thanks to Arnold Hansen, W3BPP, and Ron Toller, N4US, for conducting another suc-

cessful exam. These new inductees will have the privilege of having a free annual membership in the Friendship Amateur Radio Club.

The club's Web site continues to show the treasurer's and secretary's meeting minutes. The FARC's Club Call is N4FRC. The FARC's scholarship fund, initiated by Don and Elizabeth Hatfield, KE4PMB, will remain in the club's treasury awaiting disposition.

The next meeting will be Jan. 14 and the ARRL program will be held at 1:30 p.m. at the auxiliary Sheriff's Station on West State Road 200. All hams are invited and members are urged to attend and to bring a guest.

A recent notation is that our club is now recognized as an SSC, Special Services Club, of which there are only four in the immediate area.

The FARC is open to all hams and their families. If you are interested, and not currently licensed, the FARC has instructors who can assist in teaching theory to help you earn your license. We have members who offer their expertise in radio and computers. The club newspaper and notices inform members of the club's many activities. In addition, the FARC has a 2-meter net that meets on Monday at 4 p.m. on 145.170 MHz (except for Monday of the monthly meeting), and a CW net on Tuesday at 7 p.m. on 21.145 MHz.

For more information, call Ed Brendle, KA1INC, at 873-4354. ☺



Lions Club
Dianne Lovely

On Top Of The World Lions Club would like to wish everyone a happy, healthy and safe 2008.

Thanks to everyone who bought gifts for the children and put them under the Lions Christmas Tree.

The On Top of the World Lions also made

up baskets of hams, turkeys, fruits, veggies and gifts to 35 families to have a special Christmas. Santa and his elves distributed these baskets. Thanks, Santa.

Congratulations to the following Lions: Wendy Phillips was given an anchor award; Jim and Peggy Delfraisse were each given the Governor's Achievement Award. Ed Michelson was presented a 100 Percent President's Award; and Ralph Mills was given a Moving Forward in Lionism Award. Twenty-Plus Perfect attendance pins were also given out to those who have not missed a Lions meeting.

On Jan. 19, the Lions Club will be doing eye screenings and hearing tests at the Cultural Center during the Health and Wellness Expo.

Thank you very much to those who helped put up the Lions Club tree: Ralph Mills, Carol DeYoung, Joann Leigh, Darlene Larue, Dianne Lovely and Helen Crozier.

The Lions meet every second and fourth Tuesday at the Candler Hills Community Center. Breakfast is at 8 a.m. with the meeting at 8:30 a.m.

If you would like to become a Lion, call membership chairman Estelle Clark at 861-7358 or Lion president Bob Melnick at 861-2730. ☺



**Citizens Emergency
Response Team**
Caroline Scott

tient assessment. This covered scene size-up, an initial assessment and history and physical exam.

Using "Bob's Down and Dirty Guide to Patient Assessment" several members volunteered to demonstrate proper procedures in each of these categories. This was all done with a sense of humor. Even though there is nothing funny about this course, it helps to add humor so that it becomes enjoyable and the information is retained longer.

With the questions asked and answered, you can be sure that in the event of a trauma, you would be taken care of properly.

The month of December is the only month we do not have a meeting during the year. Hopefully the storm season is over and we can rest.

Be assured that we will start again in January to hone our skills.

The next CERT training course starts on Jan. 10. There are eight people from On Top of the World that will be taking this course and several others that will be taking it in September. If you have any interest, please give me a call at 861-5569 and I will get an application to you.

Last but certainly not least, we all want to wish our neighbors happy holidays and a happy and healthy new year. ☺

I'm sorry that there was no CERT column last month. Due to a very upsetting occurrence, the meeting was cancelled so there was nothing to report.

However, we are back on track and the November meeting featured Bob Conn, a volunteer in the sheriff's office, with a course on pa-



**Italian
American Club**
Marie Norwood

On Dec. 5, members of the Italian-American Club were treated to delicious cakes before the regular business meeting. Each member was also given a ticket with which they could win a door prize. The tickets were drawn after the business meeting. Gifts of holiday candy and snow globes were awarded.

We will have a pizza party in March. Soda and pizza will be the treat of the day. Other drink may be available at a small price. Tickets for the pizza party will be sold at both the January and February meetings. The price will be determined at the next board meeting.

Our next regular meeting will be Jan. 2 at 3 p.m. at the Ballroom of the Health & Recreation building. Remember refreshments are at 2:30 p.m.

After the December business meeting we were treated to a great fun time with Homer Noodleman, a great comedy act. He entertained us with his various instrumental offerings as well as many funny stories. He was applauded often and long. Thanks to Anne Varronda who arranged for him to be with us. Anne has also promised to provide entertainment for our next meeting. We look forward to that.

Please join us at our January meeting; it will help us start the new year with coffee, treats and friendship. ☺



Shuffleboard
Robert Riedeman

The next general membership meeting will be held On Thursday, Jan. 10, at 11 a.m. in the Health & Recreation Ballroom. The formal part of the meeting will be followed by the popular Lee's Chicken luncheon. This event will include entertainment, free bingo and prizes. The cost is \$6 for members and \$6.50 for guests. Participants are reminded to bring their own non-alcoholic beverage.

The winners in league play for November were as follows:

Monday A.M.
Men: Tie between Bob Schuck and Wolf Pias-kauski. **Women:** Helen DeGraw.

Monday P.M.
Men: Tie between Lou Fisher and Willis Griffin. **Women:** Tie between Helen Foskett and Miriam Rover.

Tuesday P.M.
Men: Vern Uzzell. **Women:** Betty Cheetham.

Wednesday P.M.
Men: Vito Chieco. **Women:** Julie Crudele.

Thursday A.M.
Men: Greg Rasmussen. **Women:** Carol Lopez.

Friday A.M.
Men: Bud Wandrey. **Women:** Elaine Austin.

Happy shuffling to all and a joyous New Year. ☺

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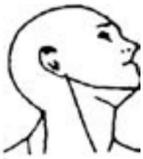
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Wood Shop
Ray Utiss

I have some important information to give you this month. Our membership annual meeting will be held on Jan. 5. It will be held in the Card Room by the Wood Shop. The time will be 8:30 a.m. This is a good time to hear all our officers report on the activities at the Wood Shop. This is also a good time to ask your questions.

See you all there. ☺



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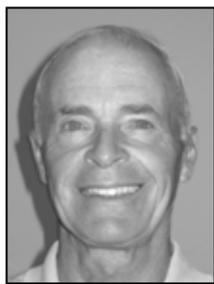
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Favorite Recipes Dinner Club Luke Mullen

Our club had another marvelous evening of fine food and entertaining times at our November dinner. On Nov. 17, 30 diners attended five dinners.

Our first dinner was hosted by Joan Sigafos and Richard Miles. The evening started off with two appetizers brought by Jean and Joe Breslin. The first was cocktail franks sautéed in maple syrup and butter, and then stuffed with cheddar cheese and bacon. The second hors d'oeuvre was liver pate, infused with shallots and cream sherry, and then covered with chopped walnuts. Joan and Richard served a copy of the Elk's club signature "garbage" salad, a fresh chopped salad dressed with feta cheese and vinaigrette dressing. The main course was savory chicken breasts supreme, chicken coated in a mixture of sour cream, herbs, spices, then baked in panko crumbs. They were accompanied with side dishes of buttered noodles and ratatouille.

Gitte and Paul Agarwal made an apple/caramel/almond crisp, which was served with freshly whipped cream. Everyone enjoyed this finale to a great dinner.

Maureen and Dan Corr hosted our second dinner. Tish and Don Dertien kicked off the evening with two hors d'oeuvres. The first was cheese pastry ball which consisted of flour, butter and grated cheese with a dash of red pepper made into a ball with olive oil and baked and served. The second was a warm spinach and cheddar dip. It was a mixture of Lipton Recipe Secrets Vegetable Soup Mix with, sour cream, chopped spinach and cheddar cheese that was baked and topped off with grated cheese.

Maureen and Dan then served the main meal, a delicious chicken tetrazzini dish that was accompanied with green beans and almonds and dinner rolls. Following this was a fabulous dessert made by Debbie and Dan Partin. It was a low-fat, low-calorie trifle and contained fresh crushed pineapple and canned light sliced peaches, boxed angel food cake,

no-calorie vanilla pudding and low fat Cool Whip. Together this makes a lovely trifle that a dieter or a diabetic can eat.

Kathi and Ray Lang hosted our third dinner of the evening. They began the evening with a delicious "brie delights" provided by Sylvia Andrews and Oliver Aube. The salad that Kathi and Ray then served was a Waldorf salad with sour cream dressing. The main course was spinach meat rolls browned and covered with sour cream and brown sauce gravy served over noodles. The accompanying side dish was vegetable glazed carrots. Also served was homemade dill bread.

After the main meal, Edie and Fritz de Holl provided the dessert, a nutty pineapple pie. This simple but eye-catching pie in a graham cracker crust consisted of crushed pineapple, sweetened condensed milk, lemon juice, Cool Whip and chopped cashews.

The fourth dinner was held at the home of Sue and Howard Bourland. For appetizers Kathy and Luke Mullen brought a cocktail shrimp party dish with zesty cocktail sauce and lemon wedges and an apricot cheese log served with crackers.

Sue and Howard then served the meal. First was a Caesar salad which included Romaine lettuce, freshly baked garlic croutons, grated Parmesan cheese and salad dressing consisting of oil, pressed garlic, red wine vinegar, Worcestershire, Dijon mustard, anchovy paste and lemon juice. Homemade yeast rolls accompanied the salad.

The entree of pork tenderloin with a horseradish crust was then served. This was accompanied by a potato casserole with cheeses, sour cream, bacon, scallions and fresh chives. Pat and Robert Riedeman also prepared a side dish of asparagus with delicious tasting Wasabi sauce.

Sue and Howard followed the meal with a great dessert, Key lime pie served with whipped cream topping. Everyone had a great time.

Mary and Bob O'Neal hosted our fifth dinner by beginning with an appetizer of artichoke and spinach spread on sea salt bagel crisps. Following this Ann and Conrad Massa provided the salad for the meal. It was composed of Boston lettuce, roasted pecan bits, cucumbers, marinated black olives and marinated cherry tomatoes, Spanish onion, cheddar cheese, and their own form of Mediterranean dressing.

After the salad Mary and Bob served the dinner. The entrée was a chicken, artichoke hearts, and mushrooms in garlic, lemon and white wine sauce over penne. The vegetable served was a medley of carrots, broccoli and cauliflower. The dessert was then served by Raquel and Norman Berdichevsky. It was pears cooked in red wine, seasoned with cinnamon and cloves and served with whipped cream and syrup. A wonderful evening was had by all.

Presently, the club is not accepting any new members. For information on our waiting list, please call Luke at 304-8104. ☺



Dish & That Recipes Jean Breslin

Hi everyone, hope this coming New Year will be your best ever. Lots of love, laughter and good health for all of you.

I'm putting in two recipes for hors d'oeuvres. Perhaps you'll be having a party, or maybe you will be going to one and would like to bring something special. Here are two goodies for you.

Shrimp Toast Cups

12 slices white bread, crusts removed
1/2 cup butter, melted
1 8-ounce package cream cheese, softened
1/4 cup mayonnaise
2 tablespoons sour cream
2 tablespoons prepared horseradish
2 6-ounce cans small shrimp, rinsed and drained
8 green onions, sliced

Flatten bread with a rolling pin. Cut each slice into four pieces. Place melted butter in a shallow dish. Dip both sides of bread in the butter, then press into miniature muffin cups. Bake 325 degrees for 14 minutes or until golden brown. Remove from pans to wire racks to cool.

In a large mixing bowl, beat the cream cheese, mayonnaise, sour cream and horseradish until blended. Just before serving, stir in shrimp and onions. Spoon into cups.

Onion, Date And Brie Crostini

24 (1/2 inch-thick) slices of cut French bread
1 teaspoon butter
3 cups thinly sliced onion
1 teaspoon dried rosemary
1/2 teaspoon salt and pepper
1 glove garlic, minced
2 teaspoons sugar
2 teaspoons balsamic vinegar
1 teaspoon Worcestershire sauce
1/4 cup pitted dates
4 ounces chopped Brie or Camembert cheese

Preheat broiler. Arrange bread in a single layer on a baking sheet. Broil two minutes on each side, or until toasted. Lower oven temperature to 300 degrees. Melt butter in a large skillet over medium heat. Add onion and next four ingredients (through garlic); cook 10 minutes or until onion is translucent, stirring frequently. Increase the heat to medium high. Saute four minutes or until onion begins to brown. Add sugar; saute two minutes. Stir in vinegar and Worcestershire sauce. Remove from heat. Add dates and cheese, stir until combined. Top each toast with about two teaspoons onion mixture. Bake four minutes or until cheese melts.

Have a happy new year everyone. ☺



Anything But Bland Chef Dave Bland

The Facts about Fat

Our society has become so health conscious that everyone seems to have a good understanding of what you should eat and what is bad for you. As a chef, I have noticed a major disconnect between what people talk about in a healthy lifestyle and what people actually are eating. An example is that at Candler Hills Restaurant we sell about 30 or so hamburgers a day. It's one of the bigger sellers. The amount of saturated fat in the average hamburger is 20 percent!

There is a cooking saying that has always stuck with me: "fat is flavor." The key to healthy fat consumption is moderation. Checking labels on prepared foods will help to ensure that you know what you are putting in your body, but beware that products that are labeled fat free can still have up to .5 grams of fat.

Most saturated fats are bad fats and should be avoided. They clog your arteries and come from meat and dairy products. They solidify when they reach room temperature. There are some saturated fats that are actually good for you. Coconut oil and palm oil can have some health benefits.

Mono and polyunsaturated fats are the best fats for you and it is wise to alter your diet to accommodate these fats. Some of these fats are found in fish oils, soybean oils, avocados, peanut butter, olive oil and nut oils. Omega 3 fatty acids are found in fish such as mackerel, trout, catfish and of course salmon. Also flaxseed oil and walnuts contain Omega 3's which is an essential part of a healthy diet and may help to control weight gain as well as decreasing cardiovascular disease. The American Heart Association recommends eating two servings of fatty fish each week.

When I started at Candler one of the things that I did immediately was eliminate all of the trans fat from the inventory. I did this not only for the customer but also for myself because I practically live here and have to eat and taste the food every day. I don't want to have a heart attack at 40!

I am surprised that I've never been asked if the french fries are fried in hydrogenated oil. Before I arrived, they were using hydrogenated soybean oil on basically everything. I am philosophically against this and I eliminated it the first week.

Rest assured if you are craving great tasting food, Candler has all of your favorites and you don't have to worry about hidden trans fats. I try very hard to keep the balance of good tasting food that is good for you. Should you have any questions about healthy meal choices, feel free to ask. ☺

Lions Present Annual Charity Dinner Dance

The On Top of the World Lions present their annual charity dinner dance on Feb. 23 at the Circle Square Cultural Center.

A cash bar opens at 5:30 p.m. with dinner at 6:30 p.m. Music will be by Paul Luciano.

The cost is \$30 per person. Dinner is a choice of either chicken marsala or herb crusted pork loin.

The dress is semi-formal.

Sponsors are Park Avenue Bank and Ocala Regional Medical Center.

Tickets are on sale in the Health & Recreation Ballroom from 8:30 to 10 a.m. Mondays, Wednesdays and Fridays at the Cultural Center from 11 a.m. to 2 p.m. Mondays through Fridays. ☺



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Ocala Clown Express Marge Cordasco

Hello and happy holidays to all from Charlie. May 2008 be a great and healthy year to you all. Yes, I am a clown dog and filling in for our writer who has moved away. Julia, our clown "Little Mo" has moved and took Dick, "Ho Lot Mo" with her. Our Ocala Clown Express would like to say "thank you" to both of them. They will be missed very much and contributed very much to our clown group and its success. Boo hoo!

Our clowns have had a busy few months, the MRMC hospital clowns are attending and doing a wonderful job on the safety program for the hospital weekly. They are there each week, faithfully, and serve more than 140 children each week. The children are bussed in from the Marion County School system, first graders, and it's amazing while we are clowning elsewhere, little faces come up to us, and know us all by name.

In December, the clowns held their annual Christmas party at Logan's Steakhouse and also attended the main Sheriff's Complex for a

Christmas party for underprivileged children. We did face painting, made balloon animals, tattoos and sang Christmas songs.

October and November were busy months with gigs at Markets of Marion for the New Horizon Academy, the Humane Society at the McPherson Complex, Eighth Street School carnival, Kenny's Place and Druid Hills United Methodist Church, Light the Night and clowning for Hospice. All events were for our community and their children.

We remain busy and pretty active for the children of the community and would like to invite "you" to join us. Our president can be reached at 873-9223. Call Dotsy, aka Carol White. We would love to train you to be a clown. We have a wonderful "clown training program." We currently have seven people in clown training, two sets of couples, and one just graduated from our clown training program. Way to go clowns!

I can be reached at 291-0077, my name is Charlie, I am a dog, and I am a clown. Rosy Nosy will answer the phone and explain to you all about clowning.

If you have never been a clown, try it, you may be surprised at how much fun it can be and at the same time serving our community and its children.

Thanks — Charles de Belmont aka Charlie the clown dog. ☺



D'Clowns
Paula Magen

Welcome to January 2008, the start of another new year. Hopefully it will be a good one. In the meantime, hope y'all had happy holidays!

D'Clowns began December with our usual monthly hour show at Summerville's Assisted Living memory support unit. The five of us included two new clowns. "Bubbles" (Nancy Er-

ikson) and "Popsickle" (Mary Knight) were terrific. The new clowns looked wonderful and participated in our skits, etc., with only a minimal of prompting. They are natural clowns and an asset to the group. At Summerville it was fun singing the holiday songs with good participation from the residents.

Two other December events we participated in were the annual Golf cart parade and the TimberRidge Volunteer Appreciation breakfast. D'Clowns had two decorated golf carts this time. Our monthly participation at TimberRidge involves the wheelchair exercise class and "Kids and Cookies." This program gives the seniors the opportunity to do an activity with the four-year-olds.

'Tis the season for giving, D'Clowns gave generously to six needy organizations. We have done this for many years and are pleased to be able to do so.

Thanks again to Mary and Bob Woizeski, former clowns, for Clown and Skits books they are no longer using. Also thanks to Yvonne and June for the Mardi Gras beads appreciated by kids and seniors alike.

Please feel free to drop in at our meetings on the first and third Mondays at 1:30 p.m. in Suite B in the Arbor Conference Center. We are a fun group! Questions? Call Paula at 873-3433. ☺



Line Dancing
Sherry Ashenfelter

Monday is a fun day!
Teaching our four line dance classes is great, because there are so many nice people who put forth the effort to learn well, dance well, and have fun in the process.

We enjoy our new and experienced dancers, including the couple who comes early to practice, the guy who requests the Dancin' Cowboy Mixer, the gal who wears the flashing lights, the guy who claps his hands during the music intros, the dancers who avoid turns, the dancers who attend multiple Monday classes, the guy who tells us a weekly joke, the dancers who exhale an audible sigh when asked to learn yet another new dance, and the gal who likes most dances so much that she requests, "Do it again."

Again and again we will dance, September through June. Most line dancers begin in September, but some snowbirds, new residents, and others join later.

For information, phone Sherry and Jack at 873-9440. ☺



Opera
Tony Donato

On Dec. 6, Opera Appreciation Class X held its first session. Eleven members attended. Seven regulars were unable to attend but will return in January. Those who attended enjoyed the "I Puritani" (The Puritans) video and now have a greater appreciation of composer Vincenzo Bellini's music.

Our group eagerly awaits our second presentation, "Il Trovatore" (The Troubador) on video on Jan. 3. The chief reason is because Luciano Pavarotti is featured in the lead role, and many opera fans know this work has so many outstanding features musically. Among them are: Di quella pira, Il Balen, The Tower song, four fine duets, The Anvil Song, The Soldiers Chorus, and continuous musical excitement provided by Italy's greatest composer, Giuseppe Verdi.

Among Verdi's 28 operas, only "Aida," "La Traviata" and "Rigoletto" are more popular than this work at the Met, and most opera houses. Despite its unlikely plot, this gem will continue to reward the audience because of the marvelous orchestral and vocal offerings.

Our other remaining works for 2008 are:
· Feb. 7: "Carmen" by Georges Bizet with Sofia von Otter and Marcus Haddock (video), Joseph Fanelli guest speaker.

· March 6: "L'Elisir D'Amore" by Gaetano Donizetti with Rolando Villazon and Anna Nettekko (video).
· April 3: The Voice of Firestone television video 1959-1965 with Eleanor Steber, Leonard Warren, and Lauritz Melchior.

The class will meet on the first Thursday of the month at the Arbor Conference Center in Suite C from 1 to 3:30 p.m. The fee is \$10 total for the four sessions. For more information, call Tony on 861-4211. ☺



Square Dancing
Maureen Lea

Little birdie in the sky,
Did I really eat all that pumpkin pie?
Oops, I'm afraid I did!

Hopefully, you took advantage of all the great dance events in December. If you did, you shouldn't have to worry about fitting into those beautiful square dance outfits. Now that the holidays are over, it's time to buckle down and re-commit to dance, dance, dance.

Beginning Jan. 2, we will be moving our class and regular dances to Tuesday. So, in January we have five evenings of Circle Square dancing. They are Jan. 2, 9, 16, 23 and 30. We will still be dancing at the Arbor Club, but on Tuesdays.

There is a Beginner's Ball being hosted by Oak Run on Saturday, Jan. 26. Please turn out to show your support to all the new dancers; they are the future.

I'd like to take this opportunity to thank all of the people who make the club what it is; the greeters who welcome the dancers week after week; the refreshment volunteers who tote the water, make the coffee and arrange the snacks; the officers who consider the new ideas, make the decisions and take the heat; all the committees who, well, commit, and last but not least, all the dancers who continue to come week after week, even though they may have to dance with people less experienced than they are. After all, isn't that what square dancing is all about — friendship?

Let's all think about what we would like people to remember about us in 2009. We have all year to make those memories. Make the most of the time you have. Happy New Year everyone and I hope your 2008 is great! ☺



Theatre Group
Marcia Miller

The Theatre Group ended the calendar year on a positive note. The November play, "The Odd Couple, Female Version" was very well received by audiences both nights of production. Members of the cast are still receiving favorable comments.

The group held its annual holiday dinner on Dec. 10 with about 30 in attendance. Ron Broman and Marilyn Bettinger entertained with several songs, both solo and duet. Sandy Berkowitz sang a number and Marcia Miller read a couple of seasonal appropriate things, including a Florida Night Before Christmas. Dinner, served at the table, consisted of either prime rib or Cornish game hen catered by Friendship Catering.

A play has been selected for this spring's production. We will be needing four ladies and four men for the comedy "Meet My Husbands." The play involves an advertising executive who is meeting potential clients in Florida. The client insists on all involved reflecting wholesome family values. The agent, Elaine Scott, hires a beach bum to pose as her spouse and things get complicated from there on. Watch Channel 17/19 for info on tryouts. They will probably be held during the week of Jan. 14. Or come to our January meeting on Jan. 14 at 2:30 in Suite D of the Arbor Conference Center. ☺

Happy Holidays from the Decorating Committee

By KAY CHANDLER AND SHIRLEY SCHOPF.

We would like to take this time to thank all those people who helped trim the Ballroom of the Health & Recreation Building for the holidays.

They did a super job and the room looks so very festive. Special thanks go to Janet and Walt Becker, Tom and Rita Miller, Judy Dunn, Grace and Buddy Raymond, Nancy Grabowski and Jim Chandler.

Kay Chandler and Shirley Schopf remind everyone that they will take down the tree on Saturday, Dec. 29, at 9 a.m. Anyone who can help would be very welcome. Just come.

Please remember that you need to undecorate the wreaths and then hang them back up so that they can be put away by Jan. 4. ☺

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Nathan Rittscher Cell: (352) 804-8936



Photo by Peggy Greer

Two of our volunteer librarians are Myra Post, left, and Ginny Rivers.



**View from
the Library**
Peggy Greer

Did you ever see that movie, "Never Cry Wolf"? It was an amazing movie as well as a true story and it was written by Farley Mowat. Mowat is probably Canada's most loved author. He is a naturalist/biologist who was born in 1921. All of his books are just fascinating and a true pleasure to read.

I was pleased to see that we have one of his books in our library, "A Farley Mowat Reader." This book is a collection of excerpts from other Mowat books and it gives you a good outline of his life. It covers Mowat's life from his birth, childhood, through going off to fight in World War II. While he was fighting the war, he corresponded with his parents and in those letters discussed his desire to be an author. Some of those letters are in this book.

Mowat's books are about the birds and animals that live in Canada. He also has a love for sailing and he is always able to tell tongue-in-cheek boating stories. Between his encounters with animals and on the water, it's amazing he survived!

Myra Post and Ginny Rivers are the two volunteer librarians highlighted this month. They both started volunteering at about the same time back in the spring of 2005, and you can find them working together on Tuesday mornings.

We are all happy to have Myra back with us. She has been out for an extended time recovering from some major surgeries. Her smiling face and eagerness to work has been missed and it's just great having her back.

Moving here from Staten Island, Myra has lived at On Top of the World for six years. When she retired Myra had been an office manager for more than 20 years and never worked in a library before. She said that she thought volunteering at the library would be a good service to the community and she was impressed at how well the library was running. "For a volunteer group, it functions very well."

When asked what kind of books she likes to read, Myra listed a variety of genre, from mysteries, gardening, political, and cookbooks. Sounds well rounded.

Ginny Rivers moved here from Maryland and has lived at On Top of the World for four years. She retired as an accounting supervisor and enjoys reading mysteries and true crimes. Ginny had been volunteering at the desk downstairs in the HR building but was looking for more to do when she decided to volunteer at the library. Besides reading, Ginny enjoys line dancing, yoga and aerobics.

SPCA Melanie Vittitow

The SPCA continues to rescue and find homes for lost or unwanted dogs. This month we had two. We were contacted by a man who found a stray that was in a sorry state. He had ear and eye infections and also had mange. Because of the mange, the finder could not keep him, so he called us. We handed him over to Dr. Fox in Dunnellon, who handles almost all of our cases. The dog was treated and stayed there until the mange was cleared, and is now being fostered by the lady I told you about last month. We helped her and now she is helping us. This is a gentle, loving Lab mix who gets along well with everyone, including other dogs. The vet figures he is about 10. If you would like a dog that is past the boisterous stage, or know someone who does, give us a call.

The other case had a very happy ending. Just last month, a lady here in On Top of the World gave us her name and said she would like a Dachshund if we ever found one. Well one was turned over to us, so we called her and she is thrilled with her new pet. We keep a running list of people who want to adopt a pet, so give us your info and we may be able to fulfill your wishes, also. If you don't want

to adopt, but would consider being a foster parent, that would be a great help.

Our December meeting was our Christmas get together, so no business was discussed. At our next meeting on Thursday, Jan. 17, at 1 p.m. in Suite H of the Arbor Conference Center, we will be making plans for a trip to an owl and bird rescue center. We are also going to send a committee to the 24-hour emergency vet clinic and I will let you know of our findings.

We had a special treat this month. The children of Bellevue/Santos Elementary School had a fund raiser and donated \$150 to us to pay for dog and cat food for the animals we help. Our president and treasurer went to the school for the presentation.

As a final note, I'd like to talk a little about the plants in this area that are hazardous to our pets. I knew a few of them but didn't realize that so many are abundant here in Florida. There are too many to list in this space, but here are a few of the most common: Aloe, lilies, clematis, philodendron, hydrangea, sago palm, azalea, tulip bulbs, oleander, cyclamen and most ivy. A complete list can be found at ASPCA.org. I think it's best to keep a close eye on your pet and just don't let him chew on anything that isn't for made for that purpose.

If we can assist you in any way, or for more information, call Jodi at 861-9765 or Melanie at 873-8690. Otherwise, hope to see you in January.



**Canine
Club**
Bobbi Lipka
(Picture: Ellery)

The K-9 club has several interesting activities coming up in January. On Sunday, Jan. 6, we'll have a question and answer period with Nancy Fox, animal behaviorist. All are invited to come to our meeting at 7 p.m. in Suite D of

the Arbor Conference Center, to discuss their dog's problem behavior with this expert.

On Friday, Jan. 25, we'll make a trip to the Veterinary College at the University of Florida in Gainesville. We'll tour the college, and learn about new and ongoing canine research. In February, the Animal Center's Neuter Commuter will be parked in Friendship Plaza, offering low-cost spaying and neutering, plus rabies immunizations and dog licenses. Watch this column for more information.

The K-9 Club's Christmas and Chanukah party was a huge success, with more food than we could eat! Thanks to all who brought such delicious offerings. We discussed a new project to coordinate efforts with the SPCA and Community Patrol, as well as On Top of the World management, in an attempt to rescue any lost or found dogs. If you lose or find a dog, please call the front gate, or Customer Service (between 8 a.m. and 4 p.m. weekdays), as well as Bobbi Lipka at 237-1245. We'll do our best to help dogs and owners reunite.

New members are always welcome at the K-9 club. Dues are \$5 per year. Don't forget to join us on Jan. 6 for help in managing your dog's behavior. You can call Bobbi Lipka with any questions at 237-1245.

Stephanie's PC Computer Tip

By STEPHANIE ROHDE

Wireless vs. Wi-Fi

Wireless is the term used to refer to any type of electrical or electronic telecommunications operation (as in the transfer of information) which is accomplished without the use of a "hard wired" connection — the actual wire. It includes cell phones, personal digital assistants (PDAs), wireless networking, Global Positioning System (GPS) units, garage door openers and/or garage doors, some computer mice and keyboards, satellite television, and cordless telephones.

Wi-Fi is one type of wireless technology. A "Wi-Fi enabled" device such as a laptop computer, game console, cell phone, MP3 player or PDA can connect to the Internet when it is within the range of a wireless network already connected to the Internet. The area covered by one or more interconnected access points is called a hotspot. Hotspots can cover as little as a single room or many square miles (an entire city for example) covered by overlapping access points. You can connect to some wireless networks for free — most libraries; and others you have pay directly or indirectly for — like at hotels, motels, resorts, RV parks and campgrounds. Wi-Fi connections are generally not secure.

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Sherry's Mac Computer Tip

By SHERRY SURDAM

Our tip this month will be helpful to both PC AND Mac users. Here's a Web site where you can find a listing of places that offer free Wi-Fi access. There are listings for all 50 states as well as Europe and other regions. In addition, you'll find several specialty listing pages like companies that provide access at multiple locations, airports and the like. For those of you who travel extensively, this may prove to be one of your favorite Web sites!

In Ocala you'll find free access at the Downtown Square area, Panera Bread, Biggy Coffee and at the Ocala Hilton. Check it out at www.wififreespot.com.

Happy Hunting!



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POET'S CORNER
Poetry from On Top of the World Residents

Never Turn Away

By HAZEL EHLE

I was taking my morning walk
Down by the old maple tree
Someone was sitting on the bench
Looked up then turned from me.

She seemed quite depressed
So sad and forlorn.
Knew she needed help
Asked, "How are you this morn?"

I couldn't leave her here alone
May I sit with you awhile?
She gave me no answer
Though I wore a big smile.

I sat quietly by her side
Suddenly she raised her head
I really wanted to be alone
So glad you stayed instead.

My husband is in the navy
Now has left on a big ship
It is kept secret as to where
I am sure a perilous trip.

Pray to God to keep him safe
And for this terrible war to end
The girl said I'm so glad you stayed
I want to be your friend.

On Top of the World
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Friendship Club
Jinny Adolph

Our Dec. 10 meeting was a nice prelude to the holiday season. We were treated to an array of food that included meatballs, chicken wings and cheese and crackers, followed by eclairs.

Our entertainment next month will be a mystery. I don't know if I should have used a capital on that or not, but that's all I can tell you. A mystery indeed!

The December entertainment was by the Vibrations, a very good barbershop quartet. Aren't they a delight to listen to? I always admire their ability to sing in such close harmony.

We hope to see you at our January meeting on the 13th with lots of good stories of the good times share with friends and/or loved ones. Until then, enjoy yourselves and the season. ☺

POET'S CORNER
Poetry from On Top of the World Residents

Happy New Year

ANNETTE SHARPE

May each day of the New Year be
happy.
May the sunshine of health smile on
you,
May you find new joy in living,
And may all your dreams come true.
May the warmth of love and friendship
Keep you smiling without a tear.
May a comforting arm and a shield of
faith
Be your antidote for fear.
May the good Lord bless and keep you
From morning 'til day is through,
And, His peace that passes
understanding
Always be with you.



Genealogical Society
Elizabeth Kyle

Rejoice! After weeks of searching online I found enough information on my grandparents to send for primary source documents at The Register General, Oxford House, 49/55 Chichester Street, Belfast BT1 4HL. The forms for requesting the certificates are available online. This office is efficient and helpful. For example, they sent a copy of the information they found and asked if I wanted the certificate before they billed my credit card. They also sent my request for a marriage certificate to Omagh where they were on record. Now I don't have to go by second-hand information, which is what much of the information I gleaned online turned out to be.

There are Irish family history sites for each

county. The worst part of these sites is that they charge before you can view the record, and many times the name may be correct, but it is the wrong person. It's good to remember that families having the same surname may be living in the same area. I tried at least five, and only one was related to me. It is best to keep researching until you acquire enough information to send to the proper authority for the primary sources. This way time is not lost spinning your wheels. And, the certificates give enough information to lead you to the next step in your research.

The Genealogical Society will be starting our cemetery project in January. Volunteers will survey the cemetery and record their findings. Others will enter the information into the computer program. This is a small part of a project to index all of the cemeteries in Marion County. From my own experience, I would say that this will be a service to generations of researchers who may never be able to travel to Florida. Please contact Rene Beck at edrene53@aol.com if you would like to help with the survey or data entry.

The new educational meetings on the third Monday at the Arbor Club have become especially helpful for folks having difficulty doing research on the computer. We are now wireless. Bring your laptop and start to have some opportunities for hands-on learning. Many people are finding these meeting very practical and informative.

All are welcome to visit our regular meeting on the second Monday at 10 a.m. in the Arts & Crafts Building, Room 3. There will be a sign on the door. Don't hesitate to come in. We are quite a large group, but we are friendly and willing to make room for everyone. ☺



German American Club
Judy Dunn

Our November meeting brought out a few additional members, enabling us to have our election of officers. They are: president, Marilyn Needham; vice president, Thomas Naessin; treasurer, Gerhard Jansson; and secretary, Judy Dunn.

The day and time for future meetings will remain the same: the second Tuesday of the month at 6:30 p.m. in Suites E and F of the Arbor Conference Center.

At the time of this writing we had not held our December meeting but it was scheduled to be a potluck with everyone bringing a covered dish. Music was to be provided by Gerhard Wicky. I am sure a good time was had by all.

In the name of the officers, I wish all of you a healthy and happy new year. ☺

Great Lakes Club
Marilyn Nielsen

The club meeting usually held on the first Tuesday of the month was changed to accommodate the Christmas dinner party at the Arbor Club.

There is no report on the meeting, but will share the party in the next issue. Hope you all have a merry Christmas and happy holidays. ☺

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Embroidery Chicks
Jan Johnson

Recently the Embroidery Chicks received a large donation of sweatshirt and other fleece-type fabric from one of our residents, Carole Eberly. It was a huge donation and the Chicks wish to thank Carole a great deal.

Now, what to do with all this fabric? And then, with the extra fleece that we found in our own closets? Our fearless leader, Theresa Randolph, came up with a great idea. We decided to make sweatshirts, pullovers and coordinating hats for some of the needy children at Romeo Elementary in Dunnellon. One of our members, Jane Geary, goes to the school regularly to read to the students. Jane is a former early elementary teacher and has great insight into what would appeal to the students.

The fleece project is an ongoing effort. The Chicks spend time at home and at our Chick meetings, working on the tops and hats. Janice Quigley, Lorraine Brokhof and Jane Geary brought sergers and sewing machines and Harriet Park worked on cutting the fleece. The tops and hats are so cute, just precious. Some are embroidered by star member, Marcie Benz. Eventually we decided to skip the embroidery and aim to finish the sewing, since we had so much fabric and cold weather rapidly approaches. After the rest of us finished our stocking project, we then worked on the fleece project with the other ladies.

Our other current project was a lesson in making holiday stockings in-the-hoop as taught by Marcie Benz. Picture a blue flannel Christmas stocking about five by seven inches, with embroidered snowflakes on it. All the work is done in the embroidery hoop. The stockings are great gift card or check holders for holiday presents.

Marcie works so hard to get her lesson ready for the rest of us. She had new file folders with copies of her notes and precut blue flannel and stabilizer, etc., ready for those of us working on the stockings. Then she travels around to each student to make sure that they are on track. All the stockings turned out great and we were thrilled!

Our late December meeting will hopefully bring the end of our fleece project, unless we find more "closet fleece." The Chicks are so happy to help others and expand our horizons. If you are interested in learning machine embroidery, or just wish to see what we are doing, come to our meetings. They are held on the first and fourth Fridays of the month at the Arbor Club Conference Center, Suites B and C, from about 9:30 a.m. to 2 or 3 p.m. Questions may be addressed to Theresa Randolph at 291-7570. ☺

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Photo by Stan Stein

Stan Stein displays the completed wing panel at Forest High School.



Photo by Betsy Riehl

Herb and Lorraine Brokof at the R/C Flyers Christmas party.



R/C Flyers
Mike Zuckerman

First, I'd like to thank Jim Lynam for three years of reporting on the On Top of the World R/C Flyers to the entire On Top of the World community. Thanks, Jim!

Second, a little about me. In 2005 we were thinking about moving to Florida and I saw an On Top of the World ad that described the flying field and the R/C Club. We were sold! We moved here in 2006. I joined the club and began taking flying lessons in 2007. I completed my solo flight this past October. The flight instruction was superb, and I felt at home right away. After talking to other club members, I find that several of them moved to On Top of the World on the strength of the On Top of

the World R/C Flyers club, the field, and club sponsored activities.

Now, what's happening: The annual election was held during the December club meeting, with the following results: president, Harry Lockwood; vice president, Ted Pope; secretary, Steve Sauger; treasurer, Roy Russell; directors, Glenn Angle and Sid Sherman; safety officer, Hud Huddelston; and field marshal, Dick Nace.

Safety officer Bob Wroblewski reviewed procedures for retrieving airplanes from the active field, and how to announce take-offs and landings.

The On Top of the World RC Flyers held their annual Christmas Banquet on Dec. 2 at the Health & Recreation Ballroom. We had 127 people attend, who were treated to a delicious buffet by Bruce Catering, and entertainment by Homer Noodleman. MC Bob Wroblewski recognized many of the club accomplishments over the past year and also our past officers. Flying Santa centerpieces were given away to one lucky recipient at each table.

Two On Top of the World R/C Flyers, Stan Stein and Jerry Asner, combined model making skills and engineering knowledge to demonstrate a production line methodology to students in the Engineering and Manufacturing Institute of Technology program at Forest High School. Their example was a complex airplane wing rib, which they molded in a press made from old furniture. Many such wing ribs are part of a wing panel.

Happy New Year from all of the On Top of the World R/C Flyers! 🍷



R/C LadyBirds
Ruth Kuntar

Happy New Year! May 2008 bring you much happiness and good health.

So many thanks need to go out to the Holiday Party Potluck Committee for the wonderful afternoon of friendship and food afforded us on Dec. 7 at Candler. Once again Doreen, Cathy, Evie, Annette and all the LadyBirds outdid themselves!

We'll begin 2008 with a safety theme at our 9 a.m. meeting on Jan. 11 at the Arbor Conference Center. Detective Dice of the Marion County Sheriff's Office will speak on the topic of "identify theft." All spouses are cordially invited to attend.

The Birthday Party Committee under the direction of Gloria Scicluna is busy getting ready for this 2:30 p.m. Jan. 13 event in Suites E, F and G of the Arbor Conference Center. If you have a birthday between Jan. 1, 2008, and Dec. 31, 2008, you are a guest of honor! Gloria (237-7439/sciclunang@aol.com), Rene Beck (854-4918), Alice Robbins (237-5730) and Jean Jarmel (237-9845) are the collection points for your "21 and younger" photos. They'll be waiting to hear from you no later than Jan. 11, please!

Homosassa was spectacular, and now Renee Aden and Nancy Dreimiller are planning the next "lunch bunch" event at the end of January. Watch for details.

The Valentine's Day Red and White Potluck Committee has begun its work too. Saturday, Feb. 9, at 6 p.m. is the date and time to calendar dinner for you and your sweetheart. Bring along any red or white pasta dish, meatballs, salad, bread/rolls, or desert. We've planned some fun and some music too. Please sign up with either Rita Mandl at 873-7702/rmandl@cfl.rr.com or Mary Jo Wiley at 369-5548/ohiorose@earthlink.net, and as always please continue to check your e-mail for announcements and details on all LadyBirds events.

This New Year's spotlight begins with a gal whom I can describe only as "angelic" for not only is she soft-spoken but displays the "patience of a saint." The pretty JoAnne Sauger was born in Miami as JoAnne Harris. It is there she and her sister were raised by their very loving grandparents. Grandfather was a

carpenter and a commercial fisherman who made his own nets and sold his fish to bait shops. JoAnne and her sister would beg to be taken on one of his fishing expeditions, but grandfather was quick to point out fishing was a dangerous adventure, and only on special occasions was JoAnne treated to a trip to the fish market. There she could watch grandfather selling his fish.

Only months after graduating from Miami Edison High School (Red Raiders), JoAnne married and moved to New Jersey. That union did not endure. However, a beautiful baby Sharon was born, and JoAnne and baby returned to Miami to live again with her grandparents. Now back in Miami, JoAnne found a position training as a dental assistant. She worked for Dr. Benjamin Miller in Miami Beach. After five years she left that job to work for Dr. Cox in Miami.

During an evening "out on the town" (of Opalocka) and while celebrating the birthday of her best friend, JoAnne met Steve. He was living in Opalocka while attending Embry Riddle working toward his commercial pilot's license. Steve asked JoAnne to dance and then for her phone number. Their first date was lunch. Steve obtained his pilot's license, and three years later JoAnne and he were married, moved to Michigan, and began their family of three children. JoAnne went back to her profession as a dental assistant, but in 1974, she and Steve adopted a nine-month old baby boy. Now, with five children in tow, JoAnne again took on the role of a stay-at-home mom. She went back to work in 1987 and continued in her profession for 10 years, until she retired.

Today, daughter Sharon has one son and lives in Michigan where she works for GM in their logistics department. Debra, their second daughter, lives in Downingtown, Penn., and is a real estate agent for Prudential. She is married and has two sons. Son Daniel lives in Michigan with his wife and one son. He works for Chrysler as a designer of concept cars. Janice, daughter number three, is a project coordinator for Relocation Specialists in Strongsville, Ohio. Janice, husband, and family of two daughters and a son, will move to Scottsdale, Ariz., next year. Jason is their youngest son. He works in the construction industry, is single, and also lives in Michigan.

After 38 years with Chrysler, Steve retired from his position as an engineer in their styling division. He continued doing contract work for GM until 2003. Both JoAnne and Steve wanted to return to the Florida sunshine, away from the cold and gray days of Michigan. Steve was influenced by an article on On Top of the World published in a model magazine. They headed to Florida to "check it out." Within two months they sold their home and moved here in June of 2006. JoAnne relates, "We have met many nice people here at On Top of the World. A nice place to live."

It is, JoAnne, and it's because of wonderful people like you and Steve as our neighbors and friends. Thanks for sharing this slice of your life with us and for reminding us that there are angels amongst us whose halos and wings are hidden in their hearts. 🍷

'Retarded' Grandparents

This was actually reported by a teacher. After Christmas, a teacher asked her young pupils how they spent their holiday away from school. One child wrote the following:

We always used to spend the holidays with Grandma and Grandpa. They used to live in a big brick house but Grandpa got retarded and they moved to Florida. Now they live in a tin box and have rocks painted green to look like grass. They ride around on their bicycles and wear name tags because they don't know who they are anymore.

They go to a building called a wreck center, but they must have got it fixed because it is all OK now, they do exercises there, but they don't do them very well. There is a swimming pool too, but they all jump up and down in it

with hats on.

At their gate, there is a doll house with a little old man sitting in it. He watches all day so nobody can escape. Sometimes they sneak out, and go cruising in their golf carts. Nobody there cooks, they just eat out. And, they eat the same thing every night — early birds. Some of the people can't get out past the man in the doll house. The ones who do get out, bring food back to the wrecked center for pot luck.

My Grandma says that Grandpa worked all his life to earn his retardment and says I should work hard so I can be retarded someday too. When I earn my retardment, I want to be the man in the doll house. Then I will let people out, so they can visit their grandchildren. 🍷

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Red Hat Society
Vivian Brown

Ladies, by the time you read this, most of the holidays will be only a memory but I would like to wish you all a very happy and healthy new year.

As I look back on the past year I realize how very lucky I am to live in this wonderful community where friends, neighbors and the many residents who I meet and see everyday have truly enriched my life.

The many activities from Master the Possibilities classes to the wonderful shows at the Circle Square Cultural Center, the many clubs and organizations from singing, dancing, acting or just giving something back to the community as well as exercise of all sorts are just a sampling of what keeps us fit, healthy and happy, and this for me makes life beautiful.

Coming up is our annual Pajama Party on Feb. 24. It is always lots of fun and a challenge



Photo by Lennie Rodoff

The Divine Divas were among the Red Hat groups that had carts in the Christmas Golf Cart Parade.



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to come up with a terrific skit. Good luck to all. Queen Mothers will give you the details.

THE RAZZLE DAZZLE RED HAT DAMES had our annual holiday progressive luncheon. Thanks to the hostesses who opened their homes to us, which were dressed in their finest decorations as we ooh and aah at the sight of it all. They were Joan Bowling, Connie Forte, Jeanne Stanley and yours truly. Wonderful job, ladies. We sang Christmas songs as Joan Bolling played her beautiful grand piano. We exchanged gifts, did the 12 Days of Christmas and just enjoyed the great food, laughs fellowship and fun we shared. I received a wonderful gift from my ladies and I want to tell them how much it was appreciated. 2007 brought us some new members and some have moved on to other things. I want to say a special thank you to Jeanne Stanley, our Vice Queen, and Connie Fort, our Sunshine Lady. They are always ready to help and do whenever it is needed and I can always

depend on them. Have a happy, healthy new year! God bless. ... *QM Vivian Brown.*

Our **COOL CATS** meeting this month was informative and fun. We went to the Golden Flakes potato chip factory for a guided tour. Our Cat was Elinor Hoffman. She made the reservation for this trip last March. As we went through the factory looking at the starch washing out of the potatoes, we all felt our cholesterol jumping up. We did, however, love getting our samples that were very good. After our snacks, we were off to Red Lobster for a healthy lunch. Our Cats followed that with a trek to Elinor's home for red velvet cake that was in the shape of a red hat. Champagne and cake. Beautiful. What a fun filled day. ... *QM Janet Fragapane.*

The **GLITZY GALS** visit to the Appleton Museum for the exhibit of Diana, Princess of Wales: Dresses for a Cause and the English tea was a unique opportunity. The display of beauti-

fully fashioned suits, dresses, evening gowns and other personal mementos belonging to the princess gave us a glimpse into her public and private life. Many of the designer dresses had a photo showing the princess wearing it and told what the occasion was. This exhibit helped us to learn more about Princess Diana and appreciate her life. Our admiration for Princess Diana and the causes she supported should inspire us to want to do something for others. Our December luncheon was at the Sky Asian Fusion. We sampled a variety of different foods and enjoyed all of them. Hostesses were Dottie Hinde and Sara Riehm. We returned to Sara's home for two awesome desserts she made. Dottie made each of us a Red Hat with quilt patches in a frame. These girls did an outstanding job. QM Mary read a story as we passed our gift bags from left to right until the story ended. Opening our gifts was an exciting time. Everyone met the challenge of finding items for each of the categories on our shopping list. Our group decorated a golf cart for the parade and a wreath for the Health & Recreation Ballroom. Bea Maxwell designed the red and purple hats and Janet assembled it. As a busy year ends, remember this: Red speaks of life, excitement, vigor, and celebration. ... *QM Mary Curry by Janet Wahl.*

THE BON AMI RED HATS held their November gathering at the home of Jan Bancroft. We had a wonderful "everyone's birthday party" with 12 members in attendance. Each brought a white elephant gift to exchange and a bag lunch of their choice. We played games and enjoyed a wonderful birthday cake, while singing "Happy Birthday" to all. In December we had a Christmas party at the home of Joann Jones. ... *QM Norma Batton.*

THE SCARLET FOXES had a wonderful Christmas party hosted by Helen Hess and Kathy Hoefler at our Queen Mum's house. Everyone brought homemade cookies to exchange and eat as dessert. Lunch was delicious and there was plenty to eat. Once lunch was done we had our annual Chinese gift exchange. There were some "hot" gifts that got passed around quite a lot. Our birthday foxes, Alice Connors and Phyllis Kraus, got a special treat: we were able to sing louder! We shared, we laughed and enjoyed each other's company! To all Red Hatters, have a beautiful holiday with family and friends. ... *Queen Mum Betty Thayer*

THE RED GEMS: Three of our ladies celebrated their birthdays with us at Tea With Lee. We always enjoy our visits there, in the Victorian charm of the yellow house "on the Boulevard," as they say. We also went to the Christmas House in Leesburg to shop. The ladies found so many goodies to take home for gifts and home decorations. A gentleman clerk from the show helped carry out the purchases to the van and stayed with us until all was satisfactorily stashed. We had a good lunch and set out for home. But we saw that there was still a bit of room in the back seat so we stopped at another shop to see if we could fill that space. It wasn't too hard. Our shoppers happily completed the task with more purchases for Christmas. Didn't Christmas seem to come sooner this year? We wish you health and happiness in the new year. ... *QM Loretta Troutman*

Please send your chapters' activities to Vivian Brown at vivjcb@cfl.rr.com or phone 291-0246. Thank you. ☺

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If residents would like to donate equipment, it would be most helpful.

For more information, call the Health & Recreation Department at 854-8707.





The Happy Hookers
Yvonne Bednar

A new year has begun — 2008. Can you believe it! May it be a healthy, happy one for all. On Dec. 3, we had our bi-monthly luncheon at the Horse and Hounds; the 20 who attended had a very enjoyable time.

Our next luncheon is on Feb. 4 at 1 p.m. and it has been decided we'll have it at the newly relocated Mason Jar in the Friendship Shopping Center. I'm sure that everyone knows that it is now in a bigger facility located at the other end of the stores, across from Porter's. If you're attending, please tell Pat Utiss at our gathering on Mondays or call her at 861-2831.

Many of the Happy Hookers have finished their various projects. Maureen Wolfe showed us her creative side by cross-stitching a fire truck and dump truck onto a bright red crocheted afghan for her grandchild; she then went on to making a crocheted table runner in the same color and cross stitched Chinese letters down the middle for future daughter-in-law. Yes, Pat Utiss finally finished five hooded sweaters for friends' children and her great-grandchildren.

MaryLou Welsh is so happy at having completed the beautiful red cardinal "season's greetings" latch hook rug/wall hanging — it is so colorful, it has taken most of 2007 to complete. A lot of love and patience has gone into it.

Jackie Nolte brought in to show us the bright yellow basket weave design afghan that she will be donating to a needy group. Jackie enjoys making many different patterns in her projects — all very beautiful. Hilda Woodcock had fun with those knitting needles clicking away making fun fur scarves for friends.

Carol Toye and I have completed several baby blankets each for the Little Fuzzies at Munroe Regional Medical Center, for the newborns. Carol Berta is another one for making the different or unusual; this time it was cross-stitched Christmas scarves and napkins for a table — some had candles or reindeers.

Jackie Pallotta has been helping me and Teresa Bell read directions for an easy children's sweater. Jackie told me it's an easy pattern but you could fool me. Thank you, Jackie, for your patience and knitting knowledge. I hope to finish it before the heat of summer comes around — God give me strength! Also, Teresa, who hasn't knitted in years, has decided to join us; she has completed a pink preemie hat and booties, which will go to the MRMC preemie nursery department. They will be happy to receive this — so many babies are born there, and these little hats are so important for these little ones.

We continue to grow weekly with new ladies joining us on Mondays from 2 to 3 p.m. in the Ceramics/Art Studio. This is a nice way of meeting women from all the On Top of the World communities. We do not collect any dues or hold meetings and read minutes. It is not necessary to come every Monday; just bring what you care to work on, be it knitting, crocheting, latch hooking, crewel, cross-stitching, or embroidery. Make it for yourself, friend, family or a person or group in need — it's "do your own thing."

If you would like more information, Jackie Palotta would like to speak with you. Call her at 854-4555, or stop by some Monday.

Anyone who doesn't have a project in the works may consider making a lap robe for the Veterans Administration Hospital. Vickey Seitz has been in contact with the VFW Women's Auxiliary President and she said they would gladly accept lap robes. She will also take them to the V.A. Hospital. If you do make any, please let Vickey know and she'll contact the correct people.

Lastly, I again would like to say "thank you" for all the unwanted yarn you discovered in your home and donated to our group. If anyone has yarn and no longer cares to make anything out of it, we will gladly accept it. Just bring it up at our meeting time. We have women who will create beautiful lap robes for the needy at various places.

Again, happy new year from all the Happy Hookers. Knit one, purl two. ☺



Rubber Stamping Greeting Cards
Margaret Hanrahan

A surprise to many of us stampers was that greeting card kits can be bought that have all the ingredients to put a card together. The card body has background designs and colors, and then with a variety of adornments to be used in any number of ways the front of the card becomes your very own. Bobbie Ellis brought us this unique idea. She also showed us how to take a large Post-it note tablet and make a decorative cover not unlike a folding matchbook cover.

Our next project was an exploding box that Bev Taylor showed us. Sitting on a coffee table it looks like a colorful gift package tied with a pretty bow. But when the lid is removed the sides of the box fall out in all four directions and there are layer upon layer of inner box sides that have fallen out at the same time. On each of these layers are photos. This is truly a unique idea for a photo remembrance of a special time and so different than a regular photo album.

This group meets to encourage, inspire and assist one another. Please make a special note of the changes to where we'll meet. Each month on the first Thursday we'll meet in Suites B and C of the Arbor Conference Center from 1 to 3 p.m. and on the third Thursday of the month we'll meet in Suite H. If you have questions or want to join us please call Margaret at 732-3282. ☺



Stitch Witch Quilters
Ann Weldishofer

In December, 32 On Top of the World quilters enjoyed a lovely buffet lunch at the Hilton Hotel's Arthur's to celebrate the holiday season. The food was delicious, the service was super, and the company was superior!

A hearty thank you was given to outgoing president Ruth Kinney, and our 2008 officers were welcomed: Jane Geary, Shirley Kilpatrick, Pat Quinlan, and Shirley Shellman. They will be taking over in January.

The 2008 class schedule has been changed a bit: we'll do Machine Quilting at 9:30 a.m. on Jan. 8; binding and finishing at 12:30 p.m. Jan. 15; and on Jan. 22 and 29, and Feb. 12, we will do the appliqué project and hand quilting. These changes will be posted so everyone knows where we are. And, you will want to do this appliqué project, as the prettiest quilts are appliqué, or combine piecing and appliqué. The appliqué gives a softer, more flowing feel against the points, comers, and angles of piecing, and creates a very pleasing effect.

Our comfort quilt workshops continue in January, with Renee Aden doing Lucky Stars on the 22nd and 29th at 9:30 a.m.

We look forward to another productive year, and welcome any On Top of the World resident who shares our interest in this old traditional craft. Come see us Tuesdays! ☺



Crafty Ladies
Rosalie Grubowski

Here we are starting another new year, 2008. I hope everyone had a glorious and happy Christmas season and a happy New Year.

Was everyone able to complete all her projects for Christmas gifts? If not, it is time to get started for next Christmas and yearly donations to the organizations to which we provide items.

Our closets for items for donating and supplies are empty. Dot Tripp was able to utilize all items made during the year and direct them to the proper people for distribution.

Something new is happening for the year 2008. I am taking over as the new coordinator of the Crafty Ladies. I am Rosalie Grubowski, retired from Baltimore, Md., and residing in On Top of the World for a little over two years. My membership in the club extends back as far as my joining the community. There are some very large shoes to fill with the resigning of this position by Dot Tripp.

We cannot thank Dot enough for the stupendous job she did with the club. If I do half the job she did it will be an honor to take over her position. The club members will truly miss her guidance. Please keep the friendship flowing her way for she is such a deserving person of our warm wishes. Dot is not gone, as she will still be attending meeting as she chooses. I'm sure there will be times when I will need to call on her for assistance.

We are welcoming new members everyday. Last month we had five new ladies join the club. Three of them are Betty Bontempo, Rosemarie Perillo and Nancy Scott. I was lax at my first meeting with getting the names of the two other ladies. I apologize for this but our roster keeper Louise did get their names and I will be proud to introduce them to you next month. Sorry.

The group is very talented in all aspects of crafting and willing to help others. I will elaborate more as the months go by with specialty items the Ladies create.

We are in need of donations of all types of craft items for our projects. So if you did craft and no longer can or your supply closet is running over as mine did, please consider us for your donations.

If you wish to know more about us, call Rosalie at 861-1391 or come to the Card Room in the Arts & Crafts Building (that's the building across from the water tower) any Wednesday morning. Our meetings are held year round from 9:30 to 11 a.m.

Until next month be happy, healthy and keep being "Crafty" Ladies. ☺

Japanese Embroidery

Pauline Upchurch

Japanese Embroidery, Bunka Shi Shu, classes to be offered by Pauline Upchurch.

Japanese Bunka Shi Shu classes will start Jan. 9 from 12:30 to 3:30 p.m. at the Arbor Conference Center, Suite C.

For those not familiar with the art, it is Japanese embroidery, a form of artistic stitchery done in Japan for hundreds of years. The beauty of this ancient oriental needlework has now been made easy by the use of new techniques, a special punch needle and specially woven rayon thread. As an artist uses a brush, the needle and thread are used as in many of the artist techniques, such as working dimension, blending of colors and bringing out the smallest detail. It is often called painting with thread.

The value of the finished picture is comparable to a good oil painting. You produce something of beauty and value, something that will become an heirloom to future generations.

Both men and women are invited to come and see on Jan. 9. All previous students are welcome. The class will be taught by a certified instructor Pauline Upchurch and a member of the Japanese Bunka Embroidery Association of the USA.

For more information, call Pauline at 854-8598. ☺



Artistic Crafts & Gifts
Loretta Troutman

During the time before Christmas when folks were shopping for gifts, we met many residents who came to the Health & Recreation Ballroom on Tuesday mornings for the first time. Someone commented, "Is this On Top of the World's best kept secret?"

We have been setting up our little shop in the H&R Ballroom for a number of years. We often have 10 or more crafters displaying their handwork. It is a beautiful assortment of items for gift giving or home decor. Come get acquainted. We'll be pleased to meet you.

If you are a crafter and would like to join us, please call Rene Beck for details.

We wish you a happy and healthful new year. ☺

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Photos by Bob Woods

View of Atlantis, a famous resort and casino located on Paradise Island across a bridge from Nassau.

Bahamas Holiday

Residents Discover Cheap Travel to Nearby Islands

By BOB WOODS
WORLD NEWS WRITER

It all started out with a couple of fellows from On Top of the World wanting to take a short trip together. We discovered how cheaply one could go on a cruise to the Bahamas. This particular one was so cheap that as word spread throughout the community the numbers of those wanting to go increased.

If fact, it got so large that a bus was hired to take 58 to the Port of Canaveral where these On Top of the Worlders would board the Sovereign of the Seas for a five-day, four-night venture to the Bahamas. Another group, a little smaller, was taking the same cruise. Many in On Top of the World got wind of the cheap fare and booked before and after this trip on different dates. What this particular

cruise mounted to was just about \$60 per day, per person. Now that is cheap when it comes to cruising.

Figuring what it would cost heading to a city, say Savannah, Ga., and try spending a few days sightseeing. What would your motel/hotel cost per night and how much would at least three meals a day set you back? I know it would be a lot more than \$60 per day.

Now on this ship we received our stateroom, three plus meals a day and often a midnight buffet. One night they had a delightful heaven for the sweet-toothed individual. How about eating all the chocolate you could possibly stuff into you gullet and plates to take some back to your stateroom? That's right, a chocolate buffet. Now adding everything up, your room, and all meals consumed, enter-

tainment plus a little travel to two Bahama Islands including Nassau, all for just around \$60 a day. What a deal!

I am not advertising or promoting any one cruise line but there are cheap get-a-ways available out there. There are short cruises departing Port Canaveral, Tampa, Fort Lauderdale and Miami every week and sometimes there are more than one cruise departing a port in a given week. Bev and I drive to Port Canaveral usually with another couple splitting the parking costs the port authority charges. It makes for a cheap trip.

Why not get another couple that would like to venture out doing a short cruise, and if unattached, get a bunch of other singles and carpool to one of the ports. The southern ports of Fort Lauderdale and Miami can be reached by taking a Cruise Connection Bus from the

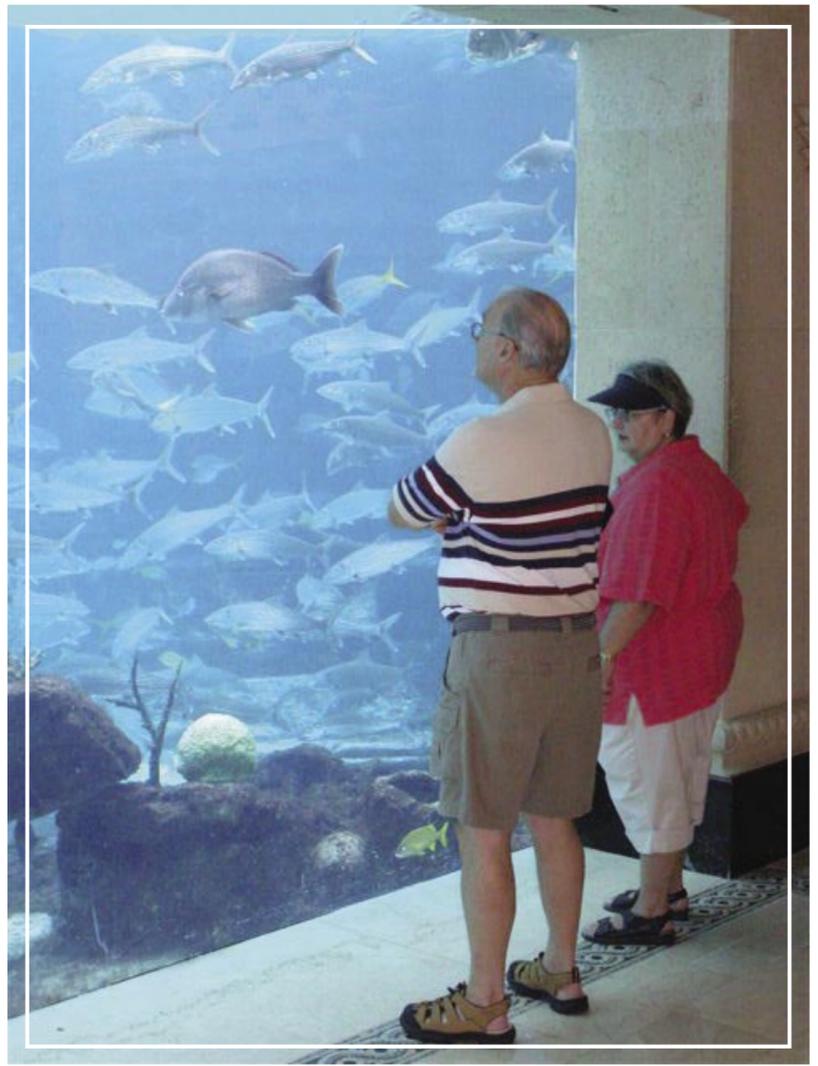
Waffle House located near Sam's Club. Any travel agent can help in arranging transportation at very reasonable costs.

Some folks believe there is nothing to do aboard cruise ships except sitting on a deck chair and watching the sea pass you by. Well every ship I have been on there are scheduled events taking place from sun-up to way after midnight each day, in fact, there are so many things happening or taking place on ships that it is impossible to do or attend everything.

Besides, it is a lot of fun whether you participate in anything except watching. Also you have the opportunity to meet many people from around the country and who knows, you might meet someone from your hometown area. If you like to be pampered, then you would love cruising as you are constantly being pampered on cruise ships. ☺



More than 60 residents from On Top of the World went on the Bahamas holiday to Nassau.



Tom and Vicki Seitz of On Top of the World view the largest private aquarium in the world at Atlantis Resort and Casino in Nassau.



World Traveler
Bill Shampine

Leaving Christchurch, New Zealand, we only have another 8,310 miles to go in order to get back to Orlando — then 90 miles to get back home. This gives us a final travel distance of 42,112 miles in our circumnavigation of the globe (which is 24,901.55 miles in circumference at the equator). We visited 12 different countries on several continents! I think it was a fun trip, and hope you enjoyed it as much as I did. I decided to take January to wash clothes and pay the bills that accumulated while we were gone, before preparing to hit the road again in February. Before we get started on our 2008 adventure, I thought it might be useful to offer a few suggestions, ideas and comments related to the travel process itself. After all, preparing for the travel is half the fun, and it helps you stay out of trouble.

If you have a computer, or access to one, one of the most important sites to visit is <http://travel.state.gov>. This Department of State Web site provides you with a wealth of travel information, including passport and visa requirements, travel tips, traveler warnings, country reports and more. Another Web site that can provide you with an enormous amount of information is www.magellan.com. Once there, click on the box "Travel Advice" and go from there to capture any specific type of travel information you are seeking.

We all know that passports now are needed for any international travel. A personal passport is good for 10 years, but has major use restrictions for the last six months of its validity. If you do not have, or need to renew, a passport, you can go to the office of the Marion County Clerk of Court, located at 110 N.W. First Avenue. Its hours are 8 a.m. to 5 p.m., Monday through Friday, and the phone number is 671-5588. As a general interest sidebar, the U.S. issues three types of passport — Diplomatic (black; valid for one year), Official (reddish brown; used by government officials traveling on official business, and valid for five years), and Personal (blue, sometimes green; valid for 10 years).

You should be aware that this portion of this article represents my personal opinions and biases, which do not purport to be the best way to handle some of the issues related to international travel. What works for me may not be the best for you. I often am asked about money exchange. Personally, I never buy foreign currency while in the U.S. Local banks simply do not deal enough in foreign exchange to warrant the currency conversion risk, so they have to charge an exorbitant exchange rate, if they handle it at all. I always use a bank in the airport upon arrival at my destination. ATMs also are pretty common overseas and work well. I recommend against taking Traveler's Checks. They work

OK at the hotel, but cashing fees typically are high and many vendors will not accept them. Credit cards are accepted almost universally, but not all companies. MasterCard and Visa seem to be the most widely accepted. Always contact your credit card company before you travel and let them know when you will be overseas. This may save you a lot of trouble as the company may suspect fraud once international charges start appearing and freeze your account. Do NOT take a debit card with you, much less use it. Credit cards have loss limits; debit cards do not. Prior to travel, go to the Web site www.xe.com/ucc to find out the currency used where you are going and the current exchange rate. The broad use of euros today certainly has made monetary matters easier for the traveler throughout Europe.

Never put your medications (or jewelry) in checked luggage. They always should be with you in a carry-on. If you have a medication that is critical to your health (one that you cannot be without for even a day or two), it might be worth considering having your doctor write you a prescription to take with you, just in case something happens to your supply.

Inadequate sanitation and contaminated water are the leading causes of illness in travelers. To protect yourself, consider your drinking water carefully, and don't forget about the "hidden" water you use to wash foods, brush teeth, ice in your drinks, etc. Always take a bottle of Imodium (or something similar) just in case. I always buy bottled water to drink (or soda, wine, beer, coffee or hot tea). I also brush my teeth and rinse my toothbrush with bottled water, and I don't eat foods that have not been cooked, such as salads. Do NOT assume that the water is safe just because you are staying in a four-star or five-star hotel. I can provide you with several horror stories about that. Frankly, I probably am overcautious on this issue; but then I don't get diarrhea either.

For those of you traveling with electrical items, you need to check the Web site www.kropla.com/electric2.htm to learn what type of power and plug is used in the countries you will be visiting. There are 13 different types of plugs/sockets being used around the world, and the blade type used in the U.S. is not common. The use of 220 volts is common overseas, so you must check your appliance to make sure it can take the current (once you figure out how to plug it in). Otherwise when you plug your 110 volt hairdryer into a 220 volt socket it may blow the hair off your head before it burns up.

Your cell phone may or may not work overseas. There are several different systems being used globally, and they usually are not compatible. Historically, phones bought in the U.S. would not work overseas, by design. However, newer phones may use a GSM (Global System for Mobiletelephones) and work very well overseas. You can check with the company where you bought the phone. If you have a non-GSM phone, you can buy a SIM (Subscriber Identify Module) card for about \$50 to insert into your phone that allows you to use your phone overseas in most countries. You can Google "SIM card" and get a wealth of information on this subject if you want to know more about it. Another option for you would be to rent a phone in the airport upon your arrival. A final option would be to actually live without telephone communication for awhile!

Similar to the phone issue, be careful if you consider buying a video overseas. The U.S. uses NTSC (National Television Standards Committee) for taping whereas much of the rest of the world uses PAL (Phase Alternating Line), a standard that was developed in Germany. The two systems are not compatible; a PAL tape made in Europe will NOT play on a

VHS player bought in the U.S.

I also get asked about tipping from time to time. For recommendations, I refer you to the www.magellan.com Web site mentioned above. That site provides you with detailed information for more than 70 countries. The table notes in some instances that you should "round up." This means if your bill is €9.23, for example, you would be expected to round it up to the nearest whole Euro, €10 in this case. It also is very common overseas for a service charge to be placed on restaurant bills automatically, a practice that usually is described on the menu. Regardless, you should check the bill carefully to see if a tip already has been added before leaving an additional tip. If in doubt, ask. In some countries, tipping is considered an insult, and is to be avoided (Singapore, Oman, Malaysia, South Korea, etc.).

OK, now that you know everything you need to know about international travel (or where to find it) it is time to gear up. So gather everything you think you will need to take, put half of it back (because you really won't need

it), pack the remainder, and let's get ready to go. This year we are going to start traveling in a southerly direction.

I still would like to get your suggestions or requests for places to visit, and I would like to hear from you if you have traveled overseas and have some pictures and experiences you would be willing to share with the On Top of the World community. I can be reached by email at fabls62@cfl.rr.com or by phone at 873-0753.

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Reminder: Bingo Players

Bingo will resume on Wednesday, Jan. 2. Cards will be sold at approximately 5 p.m. Cost per card \$1.

The Italian-American Club will be meeting on Jan. 2. Please be courteous and do not enter the Ballroom until they have adjourned. In addition, if you eat in the Pub or utilize the Library, please enter the doors by the pool area.

Thank you for your cooperation.
Bingo Committee

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On Top of the World Bus Schedule

| PICK-UP | ROUTE | TIME |
|-------------------------------|--|---------|
| Crescent Ridge 1 & 2 | 97 th Lane – 99 th Ave – 96 th St | 8:45 am |
| Americana Village | 89 th Ct. Rd – 85 th Terr. Rd. | 9:02 am |
| Friendship Village | 96 th Lane – 84 th Terr – 93 rd St | 9:05 am |
| Friendship Colony | 83 rd Terr – 90 th St – 87 th Ave – 97 th St | 9:05 am |
| Friendship Park | 97 th St – 94 th Lane | 9:07 am |
| Friendship Village | 89 th Ct Rd – 92 nd St Renaissance | 9:10 am |
| Williamsburg | 90 th St – 91 st Cir East 91 st Cir West | 9:10 am |
| Providence | 90 th St – SW 96 th Terr – SW 92 nd Pl Rd | 9:15 am |
| Avalon | - 96 th Ct Rd | 9:25 am |
| Circle Square Cultural Center | Arbor Club | 9:30 am |
| Exit Community | | 9:35 am |

| OCALA RUN: TUE., WED., TH & FRI | | ARRIVE | PICKUP |
|--|---------------------|----------|----------|
| 1 st run | Lowe's | 9:45 am | 11:20 am |
| | Paddock Mall | 9:50 am | 11:40 am |
| | Wal-Mart Superstore | 10:00 am | 11:40 am |
| | Target | 10:15 am | 11:40 am |
| | K-Mart | 10:15 am | 11:45 am |
| 2 nd run | Gaitway Plaza | 10:27 am | 11:45 am |
| | Paddock Mall | 11:50 am | |
| | Wal-Mart Superstore | 11:55 am | 1:40 pm |
| | Target | 12:00 pm | 1:40 pm |
| | K-Mart | 12:00 pm | 1:40 pm |
| | Gaitway Plaza | 12:00 pm | 1:40 pm |
| Paddock Mall (Final Pickup) | | | 1:45 pm |
| Publix (Final Stop of the Day) Heath Brook | | ½ Hour | |
| Thursday Grocery Run (local Publix) | | 4:16 pm | 5:15 pm |
| Sam's Club – 3 rd Friday of the Month | | 1:00 pm | 2:30 pm |
| Beall's (Hwy 200/CR 484) 2 nd Friday of the Month | | 9:50 am | 11:40 am |
| (No regular runs – only Hwy 200 west of On Top of the World) | | | |



Travel Toppers
Jo Swing

Welcome to 2008. Travel Toppers wishes all On Top of the World residents a wonderful, adventurous, fun-filled and exciting happy new year.

We enjoyed lots of exciting and fun trips last year, such as the fun-filled day at Mt. Dora, the delicious lunch aboard a restored 1950's railroad dining car en route between Eustis and Tavares, the excellent dinner shows at the Show Palace in Hudson, the shopping trips in Orlando and Ellenton, and the trips to popular Florida attractions such as Sea World and the Space Center. We have planned another year of fun and entertaining travel for all. The new brochure should be available at the Health & Recreation Building, the Candler Community center, and most of the mailbox areas in On Top of the World. Please pick one up as soon as possible, as preregistration will start in early January for some of the March events.

Of the trips scheduled for this month, the Ice Sculptures at the Gaylord Palms Resort in Orlando has 46 at the time of going to press, and the Glen Miller Orchestra with lunch in Clearwater is full, but needs a wait list. See the January-February brochure for coordinator if interested.

Coming up in February, we have Irving Berlin's I Love a Piano at the Ruth Eckerd Hall in Clearwater on Monday, Feb. 4. This show features the wonderful music of the beloved American songwriter, Irving Berlin and includes a box lunch. The coordinator is Alan Rickards.

On Tuesday, Feb. 26, we will be going over to the Peabody Auditorium at Daytona Beach to see the Charlie Prose show, a combination of good, clean comedy, energetic piano playing, and fine singing which translates into one great family show. To get on the list for this

quality show, contact Helene Sternberger.

The line up of events for March starts with the Stars on Ice Show in Tampa, March 1. This is the touring ice skating show put on by Scott Hamilton and will feature skater stars such as Sasha Cohen. Pre-registration will start Jan. 4. The coordinator is Glo Hutchings.

On March 6 we will have the always enjoyable trip to Tampa Downs. This is a day of fun and excitement at the races and includes a delicious buffet lunch. Preregistration will start Jan. 29, and the coordinator is Pat Hood.

On March 18 we will have a trip to Sarasota to see the Ringling Home and Museum. This home is a must see for anyone interested in decorative arts and fine living. The museum showcases many excellent works of art that are worthwhile seeing. There is also the Circus Museum on the grounds. Preregistration will start in February. The coordinator is Toni Lagatutta. See the new brochure for more details.

2007 ended on a high note for Travel Toppers with approbation for several of our trips. The shopping trip to Ellenton Mall on Nov. 8 was great fun, and enjoyed by the ladies and a few brave men. There were bargains galore and most of us came home laden with bags and bags. It was a good way to get your holiday shopping done.

The Thanksgiving day trip to the Sleuth Mystery theater in Orlando drew rave reviews both for the show and for the traditional Thanksgiving dinner. The Rockettes Holiday show presented at the Tampa Bay Performing Arts Center on Dec. 12 was thoroughly enjoyed. Suzanne Reilly, the coordinator of the Rockettes trip, received a very complimentary review of it which should be quoted in whole. This is from Barbara and Norman Chartier.

"Wow! What a wonderful day, Dec. 12, turned out to be! Our first trip with the Travel Toppers and our first Rockettes show. A nice bus ride to and from the Tampa Bay Performing Arts Center and a very spectacular show. I know, I know... the word 'spectacular' is over-used, but I think you will agree it certainly describes this show. I think my most favorite (as my grandson said one day) part of the Radio City Christmas Spectacular with the Rockettes was the finale, 'The Living Nativity.' What a powerful scene — complete with camels and sheep! The birth of Christ and a brief synopsis of his life was very moving. The scenery, the performers were great and the costumes (especially those of Joseph and the three kings and their entourages) were truly spectacular! Another of my most favorite scenes was the Parade of the Wooden Soldiers. What precision! These dancers are a lot more than high kickers. They are wonderful performers. I could go on and on about my 'most favorites.' But I think you get the picture. I do, however, have a problem. Being a first timer, I don't know all the people to thank for coordinating this great event. Suzanne did a wonderful job of coordinating/facilitating the details of the trip and her husband, Matt, also doubled as parking director. Audrey performed her own great feat by obtaining first class seating for two bus loads of anxious Rockettes fans. Please offer our thanks to all those we don't know and haven't had the pleasure of meeting yet. Just can't close without a word about our nice bus driver, Walt. He was great manipulating that huge bus through tight spaces and maintaining a tight schedule. He has a great personality. Thanks again for a wonderful outing." And thank you Barbara and Norman Chartier for your glowing report."

Travel Toppers would like to remind all who participate on our trips, that the escorts and coordinators are all volunteers. They do not get any compensation for the jobs they do. Without them we would not be able to have these trips. We understand that things don't always go smoothly, but the workers try very hard to keep things running. Please treat our volunteers with respect. If you have a complaint, please contact Audrey Mangan, the president of Travel Toppers or one of the officers.

Travel Toppers has been experimenting with several different ways to exit the parking lot and we appreciate the patience all our travelers have shown during this time. Soon there will be two coded gates to go through to get to our lot. If you show up too early you will have to wait for the escort to come and put the code in to open the gates. Please follow the parking attendants' directions when parking, and do not open your car doors until the car next to you has parked. When exiting, please move forward of your car, as there will be cars parking behind you. Please do not cross behind cars to get to the bus loading area.

Our meetings are on the first Monday of the month at the Arbor Club Conference Center, Suite A, at 10:30 a.m. This month's meeting will be Jan. 2. All are welcome to attend as this is a club with no dues open to all On Top of the World residents. Until then happy new year to all and happy travels. ☺

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Monday Afternoon Bridge

Sara Anderson

Nov. 19

1: Sara Anderson and Ray Deitz. 2: Fran Griswold and Betty Morris. 3: Ester Lang and Jane Kaske. 4: Ida Rosendahl and Carol Thompson.

Nov. 26

1: Joan Lord and Mary Carol Geck. 2: Fran Griswold and Betty Morris. 3: Sara Anderson and Ray Deitz.

Dec. 3

1: Fran Griswold and Betty Morris. 2: Elsie Helwig and Maize Millward. 3: Dick Dakin and Carol Thompson.

Dec. 10

1: Betty Morris and Ira Lisinski. 2: Elsie Helwig and Maize Millward. 3: Joe and Phyllis Zwick. 4: Ida Rosendahl and Carol Thompson.

Monday Night Bridge

Shirley Johnson & Eleanor Giardina

Nov. 19

1: Dick Mansfield. 2: Jim Mahoney. 3: Paul Agarwal. 4: Ray Dietz. Cons: Jim Smith.

Nov. 26

1: Ida Rosendahl. 2: Helen DeGraw. 3: Jim Smith. 4: Jan Smith. 5: Dick Mansfield. Cons: Ray Dietz.

Dec. 3

1: Eleanor Giardina. 2: Gail Tirpak. 3: Jan Smith. 4: Dick Mansfield. Cons: Miriam McNeilly.

Dec. 10

1: Eleanor Giardina. 2: Paul Agarwal. 3: May Holtz. 4: Ida Rosendahl. Cons: Betty Barney.

Tuesday Afternoon Bridge

Agnes LaSala & Shirley Johnson

Nov. 13

1: Elsie Helwig and Kay Wood. 2: Pat Holmes and Betty Morris. 3: Geri Cassens and Eleanor Giardina.

Nov. 20

1: Bill and Edith Hunter. 2: Ray Dietz and Mazie Millward. 3: Bernie Kelly and Joe Zwick.

Tuesday Night Duplicate

Bill Raines

We welcome new duplicate bridge players to our game. For more information, or to find a partner, call 873-0073.

Nov. 13

1: Ida Rosendahl and Dick Mansfield. 2: Joan Lord and Nel Bosschaart. 3: Betty and Bill Raines. 4: Marjorie and Bruce Benton. 5: Joni and Ted Jarvis.

Nov. 20

1: Ruth and Harry Tindall. 2: Marjorie and Bruce Benton. 3: Doug Miller and Ernie Lord. 4: Edith and Bill Hunter. 5: Ida Rosendahl and Dick Mansfield. Tie at 6: Doris Keathley and Betty Kauffman and Joni and Ted Jarvis.

Nov. 27

1: Joni and Ted Jarvis. 2: Jayne Kaske and Caryl Rosenberger. 3: Doris Keathley and Mary Carol Geck. 4: Helen Eshbach and Liz Milleson. 5: Ida and Bill Carlson

Dec. 4

1: Doris Keathley and Mary Carol Geck. 2: Helen Eshbach and Liz Milleson. 3: Betty and Bill Raines. Tie at 4/5: Ida and Bill Carlson and Edith and Bill Hunter. 6: Ruth and Harry Tindall.

Dec. 11

1: Helen Eshbach and Liz Milleson. 2: Doug Miller and Ernie Lord. Tie at 3/4: Edith and Bill Hunter and Ruth and Harry Tindall. 5: Doris Keathley and Mary Carol Geck. 6: Marjorie and Bruce Benton.

Wednesday Afternoon Bridge

Fran Griswold

We had a special "Virginia Blanchard" Day to show our appreciation for all the many charitable donations given by Virginia. We all enjoyed a nice luncheon consisting of sandwiches and dessert. Special sandwiches from Panera Bread were donated by our auxiliary member, Carl Goltart.

It is great to see new faces at our game like Margo and Mary. Also our "sunbirds" like Ber-

nie. As we approach 2008, let us all count our blessings and join together in pray for peace throughout the world. New Year to you and your loved ones.

Nov. 21

1: May Holtz 4240. 2: Ann Mahoney. 3: Fran Griswold. Cons.: Ruth Goldstein.

Nov. 28

1: Carol Thompson 4140. 2: Ann Mahoney. 3: Carol Rosenberger. 4: Shirley Stolly. Cons.: Esther Lang.

Dec. 5

1: Betty Morris 4930. 2: Carol Thompson. 3: Shirlee Wolcott. 4: Pat Goltart. Cons: Jeanette Oswald.

Wednesday Evening Duplicate Bridge

Doris Keathley

Nov. 14

1: Marjorie Benton and Nel Bosschaart. 2: Phil and Hazel Merchant. 3: Joan Lord and Mary Carol Geck. 4: Mary Rose Janssen and Nancy Dreimiller. 5: Bill and Betty Raines.

Nov. 21

1: Bill and Betty Raines. 2: Bruce and Marjorie Benton. 3: Ernie and Joan Lord.

Nov. 28

1: Ted and Joni Jarvis. 2: Doug Miller and Caryl Rosenberger. 3: Mary Carol Geck and Joan Lord.

Dec. 5

1: Rose O'Rourke and Nancy Dreimiller. 2: Bill and Betty Raines. 3: Doris Keathley and Marjorie Benton.

Thursday Afternoon Bridge

Ginnie Barrett & Marion Turbin

Oct. 18

1: Joanne Jones. 2: Cleona Redman. 3: Kay Wood.

Oct. 25

1: Maizie Millward. 2: Alice McDaniel. 3: Agnes LaSalle. 4: Cleona Redman.

Nov. 1

1: Marion Turbin. 2: Maizie Millward. 3: Pat Goltart. 4: Helen Eshbach.

Nov. 8

1: Alice McDaniel. 2: Marge Starrett. 3: Nancy Dreimiller. 4: Marie Dare.

Nov. 15

1: Marion Wade. 2: Alice McDaniel. 3: Marion Turbin.

Nov. 29

1: Maizie Millward. 2: Alice McDonald. 3: Pat Goltart. 4: Helen Eshbach.

Dec. 6

1: Maizie Millward. 2: Cleona Redmond. 3: Marion Wade. 4: Joanne Joans.

Dec. 13

1: Arlene Rigg. 2: Shirlee Wolcott. 3: Nancy Dreimiller. 4: Betty Legg.

Thursday Night Bridge

Helen DeGraw & Ida Rosendahl

Nov. 15

1: Ron McNeilly. 2: Helen DeGraw. 3: Rose O'Rourke. 4: Ray Deitz. Cons.: Catherine Edwards.

Nov. 30

1: Ray Deitz. 2: Agnes Weber. 3: Edith Hunter. 4: Fran Griswold. Cons.: Dick Mansfield.

Dec. 7

1: Edith Hunter. 2: Carol Thompson. 3: Marti Marta. 4: Fran Griswold. Cons.: John Martaya.

Dec. 14

1: Mildred Lane. 2: Mickey Martin. 3: Betty Barney. 4: Paul Agarwal. Cons.: Jack Martin.

Friday Night Bridge

Betty & Bill Raines

Foursomes are required for this delightful evening of Rubber Bridge. You may bring your own or call 873-0073 for help in finding partners. Or, if you wish, you may be added to our sub list until you find partners.

Nov. 16

1: Phil Merchant. 2: Dick Dakin. 3: Edith Hunter. 4: Ruth Tindall. 5: Joan Lord. Grand Slam: Eleanor Giardina and Phil Merchant

Nov. 23

1: Ray Dietz. 2: Dick Mansfield. 3: Harry Tindall. 4: Phil Merchant. 5: Ruth Tindall

Nov. 30

1: Catherine Edwards. 2: Loan Lord. 3: Georgia Steinwedel. 4: Ernie Lord. 5: Doug Miller.

Dec. 7

1: Bill Hunter. 2: Jan Smith. 3: Mary Culberson. 4: Hazel Merchant. 5: John Buccì. Grand Slam: Hazel Merchant and Dick Dakin.

Friday Night Euchre 4 Fun

Irene Pisani & Nancy Kowsky

Friday nights at 6:15 p.m.

Nov. 2

1: Irene Pisani with (60). 2: Mary Knight. Tied at 3: Jerry Harris, Hank Kolb, Jan Harris, Joe Scervo. 4: Joann Shea. Tied at 5: Betty Scervo, Jerry Painter.

Nov. 9

1: Hank Hilovsky. 2: Joe Scervo. Tied at 3: Billy Swing, Sami Odeh. Tied at 4: Jan Harris, Bill Eberle, Zane Barnett, Nancy Kowsky. 5: Jerry Harris, Mary Roberts.

Nov. 16

1: Gitte Agarwal (60). 2: Zane Barnet. 3: Hank Hilovsky. Tied at 4: Edith Kolb, Hank Kolb, Richard Bartel. 5: Pat Snable.

Nov. 23

1: Jerry Painter (60). 2: Betty Scervo. Betty Legg. 3: Jerry Harris. 4: Hank Hilovsky. Tied at 5: Jo Swing, Genny Brenner.

Nov. 30

1: Irene Pisani. Tied at 2: Richard Bartel, Mary Knight, Jerry Painter. 3: Mary Hilovsky. 4: Zane Barrett. 5: Edith Kolb.

Dec. 7

1: Hank Hilovsky. 2: May Holtz. Tied at 3: Genny Brenner, Paul Agarwal, Irene Pisani. 4: Bill Eberle. Tied at 5: Jo Swing, Mary Bartel, Nancy Kowsky.



Friday Night Euchre

Joe Askenase

Nov. 16

Five-Handed Game

1: Rich Miles. 2: Bridget Hughes. 3: Joan Sigafoos. 4: Russ Riegler.

Six-Handed Game

Tie at 1: Diana Riegler and Virgil Taylor. 2: Shirley Coe. 3: Clarence Lietzow. 4: Maria France. 5: Lou Fisher.

Nov. 23

Five-Handed Game

1: Bridget Hughes. 2: Rich Miles. 3: Russ Riegler. 4: Joan Sigafoos.

Six-Handed Game

1: Diana Riegler. 2: Maria France. 3: Virgil Taylor. 4: Helen Foskett. 5: Lou Fisher. 6: Shirley Coe. Nov. 30

Four-Handed Game

1: Russ Riegler. Tie at 2: Marge Fisher and Bridget Hughes. 3: Clarence Lietzow.

Six-Handed Game

1: Diana Riegler. 2: Virgil Taylor. 3: Vi Horton. 4: Helen Foskett. 5: Lou Fisher.

Dec. 7

Four-Handed Game

1: Marge Fisher. 2: Lou Fisher. 3: Clarence Lietzow. 4: Russ Riegler.

Five-Handed Game

1: Diana Riegler. 2: Vi Horton. tie at 3: Shirley Coe and Helen Foskett.



Cribbage

Dorothy Skillman

Nov. 16

1: Ray Bock. 2: Greg Skillman. 3: Frank Chamberlain. Cons: Sheila Howell.

Nov. 23

1: Rich Fluet. 2: Ray Bock. 3: Mary Ehle. Cons: Luke Mullen.

Nov. 30

1: Frank Chamberlain. 2: Mike Birch. 3: Greg Skillman. Cons: Ray Bock.

Dec. 7

1: Frank Chamberlain. 2: Mary Lou Chamberlain. 3: Anne Jagielski. Cons: Elsie Helwig.



Tuesday Night Pinochle

Viola Horton

New people this month were Arlene and Allen Luehns and Joe Hayes. Welcome. Hope you enjoyed playing pinochle with us and will be back again often. All pinochle players are welcome. No partners needed. Just be in the art room of the craft building at 5:45 p.m. on Tuesday nights.

Nov. 6

Single Deck Winners

1: George Dertinger. 2: Cheri Cunningham. 3: Vernon Uzzell.

Double/Triple Deck Winners

Table 1: Alberta Sarris. 2: Virgil Taylor. 3: Joe Scervo. 4: Rich Fluet and Glen Kuntz.

Nov. 13

Single Deck Winners

1: Vernon Uzzell. 2: Jim Cunningham. 3: Lois Rider.

Double/Triple Deck Winners

Table 1: Alberta Sarris. 2: Irene Pisani, Joe Scervo and Jim Keller. 3: Elsie Helwig and Glen Kuntz. 4: Ray Bock and Virgil Taylor.

Nov. 20

Single Deck Winners

1: Vernon Uzzell. 2: Al Novotny. tie at 3: Rita Pinter and Eva Mazzotta.

Double/Triple Deck Winners

Table 1: Margaret Sciarriano, James Nottingham and Jim Mazzotta. 2: Jim Keller and Joe Scervo. 3: Ray Bock and Ed Fuller. 4: Phyllis and Dick Powell.

Nov. 27

Single Deck Winners

1: Al Novotny. 2: Eva Mazzotta. 3: Millie Ferrell. Double/Triple Deck Winners Table 1: Alberta Sarris. 2: Jim Keller. 3: Lillian Kohlrieser and Joe Scervo. 4: Mary Lou and Frank Chamberlain. 5: Ray Bock and Rich Fluet.



Saturday Night Pinochle

Elsie Helwig

Nov. 17

1: Jo Swing. 2: Billy Swing. 3: Dot Findlay.

Dec. 1

1: Ed Fullmer. 2: Betty Legg. 3: Jerry Pinter.

Dec. 8

1: Audrey Bartolotta. 2: Ed Fullmer. 3: Greg Skillman.

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Mah Jongg
Mary Ehle

I am now accepting reservations for the March Mah Jongg Tournament. The date

is March 1. The price is still the same (\$20) and the meal choices are as always. They are chicken salad, tuna salad, ham, or turkey. Please make note in the memo of your check which you prefer. Also the grab bag is a \$5 gift, which you wrap and put your name on and bring with you when you come.

I am still waiting for some one or two people to call me and say they will help with the decorating job that Pat Griffith has always done.

Call me and I will go over what you will need to do. It does not have to be a lot. Please think about giving back to the tournament for all the fun you have had in previous years. We need people to help so we can keep the tournament going.

A few for a lot is all it takes. It won't cost you anything but your time and efforts. That is really a good deal, you know, because we all have fun and fun is what retirement is all about. Looking forward to hearing from you. Jokers to you. ☺

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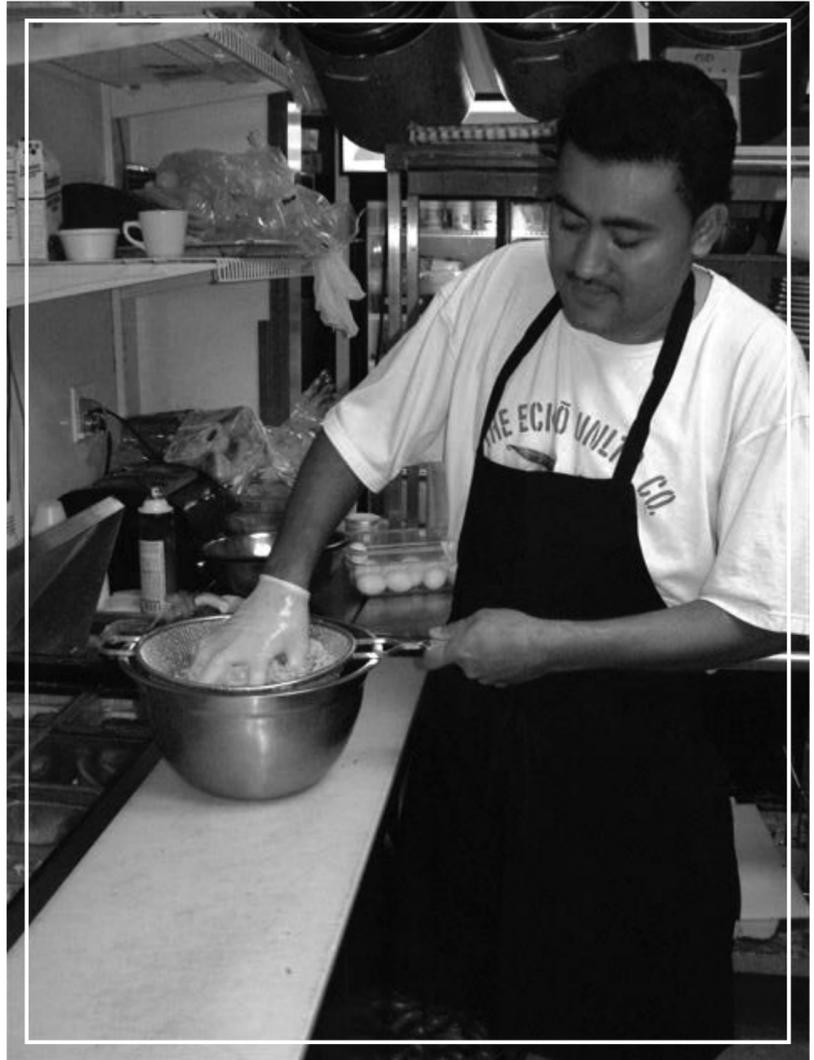


Photo by Bob Woods

The Pub's chef, Hugo Marroquin, whips up a meal.

The Pub: The Best Kept Secret

By BOB WOODS
WORLD NEWS WRITER

Have you ever wondered what is the best-kept secret in On Top of the World? I asked this question to some folks and I received such replies as "What!" or "What secret?" When I told them the answer they had no idea what I was talking about. I told them that the Pub in the Health & Recreation Building serves a great breakfast at reasonable prices. Some said, "What pub?" while others said, "Breakfast?"

At one point, a few years back, the Pub was the place to venture if you were in the mood for having breakfast other than at home. There were times, especially on the weekends when the Pub was so full that you would have to wait for an available table. There used to be many clubs and groups that would gather in the Pub for coffee and rolls or breakfast before they ventured off to whatever was planned, including hitting that little white ball around those manicured fields in what I call playing "Cow Pasture Pool."

When the Pub closed most forgot the great breakfasts that were served there and ventured out of On Top of the World seeking those fantastic omelets or those big eyes looking up at you in what is called sunny side up eggs. Now the Pub is open daily at 7 a.m. serving whatever you would like for breakfast.

The menu consists of eggs, any way you like them, omelets with perhaps hash browns or maybe some strips of bacon or slice of ham or possibly a few links of sausage and other scrumptious delicacies. Put this together with

some juice, a cup of coffee and some toast and you're ready to tackle anything that is on your agenda for the day. I know many folks would have breakfast at the Pub before or after church on Sunday.

One of the early morning waitresses told me that the most popular breakfast items purchased by patrons are the stack of plate-size pancakes or French toast. Now both can be accompanied with either powdered sugar or perhaps fresh fruit. Now doesn't that sound scrumptious? Imagine — downing a full plate of flapjacks covered with fruit or perhaps just butter and maple syrup. Sounds good to me, how about you?

The Pub's hours are 7 a.m. until 6 p.m., Monday through Friday and from 7 a.m. till 3 p.m. on Saturday. Lunch consists of hot and cold sandwiches, salads and a daily special including a soup du jour. Prime rib is served on Wednesdays from 11 a.m. till 6 p.m. as well as Fish Friday served during the same hours. Each day features a daily homemade soup, with the tomato basil being extremely popular from what I have been told by many folks I have encountered. Don't forget Happy Hour where draft beer, wine and drinks are featured daily during the hours the Pub doors are open.

For your information a new menu went into effect Nov. 1. The Pub is On Top of the World's best secret and I know the Pub's chef, Hugo Marroquin, really doesn't want the Pub to be a secret anymore. So, now that you know the secret, why keep this secret to yourself. Let your friends and neighbors in on the "Best-Kept Secret." Your taste buds will thank you. ☺



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Shutterbugs member Gary Uhley took this photo as part of the club's challenge on sunrises and sunsets.



Shutterbugs Photography Marilynn Cronin

ShutterBugs has expanded our meetings to four Tuesdays a month instead of two. The new format is as follows: The first Tuesday is a class given by Tom Frostig on basic PhotoShop Elements 4/5. The second Tuesday is a "show-and-tell" of the month's challenge, and a speaker on a basic camera/photography lesson or guest speaker. The third Tuesday will be an advanced class on PhotoShop Elements 4/5, again given by Tom Frostig. The fourth Tuesday will be a field trip/shootout. Remember, you don't have to attend all four weeks if you don't want to — just the classes you are interested in, although I recommend attending all of them a couple of times and then decide.

Gary Uhley will teach a class on the basics of the camera at the Jan. 8 meeting. Also, we will share our holiday photo challenge shots, which include some great family portraits and holiday lights.

The Feb. 12 basic photography lesson will be on black and white photography given by Ray Cech. There will also be a review of photos on both our field trip to Lowry Park Zoo, Tampa, and January's challenge on animals, for a total of three per person. February's

challenge will be black and white photos and will be shown at the March 11 meeting. One of our upcoming basic photography classes will be on shooting items for eBay or insurance purposes. More information to follow in next month's column.

A few of our upcoming field trips are to the Butterfly Rainforest Museum, Alligator Farm in St. Augustine, Shalom Park with Dr. Robinson, and Paynes Prairie. Upcoming challenges are flowers, action shots, and landscapes. Challenges are shot on your own, while shootouts are group trips. The challenges and/or shootouts are a great way to learn about your camera and photography, as well as observe how we frame/see the same subject from different perspectives. The shootouts have been a great opportunity to get to know each other, as well as any spouses who come along.

Photo Tip

Dog lovers, cat lovers, even lizard lovers know their pet has a unique personality that you can capture in pictures. Be patient. Keep picture-taking sessions short and your voice calm. Try to take pictures during natural activities rather than direct your pet during this new activity called picture taking. If your pet isn't a willing poser, use a flower, a toy, or a small snack to get its attention. Eye-to-eye contact is as engaging with a pet as with a person, so get down on your pet's level to create warm and intimate pictures.

Animals love to run and play, so take pictures of them on the go to show their joy. Use your action mode. Take lots of pictures to increase your chance of capturing just the right moment. Even the pros take lots of shots and think nothing of shooting hundreds just to get that one great shot. With digital photography, if the photo doesn't turn out well, just delete!

ShutterBugs On Top of the World Photography Club stresses education, sharing, and fun! The ShutterBugs meet at 3 p.m. in Suites B and C of the Arbor Conference Center. All On Top of the World residents at all skill levels are welcome to join. If you would like more information about ShutterBugs, please contact Gary Uhley at 854-8536 or e-mail him at guhley@cfl.rr.com.

Community Patrol Joe Berger

At this time I wish all of our members have had a happy holiday. This is a great time of the year, when we get together with friends and family. I would like to thank Ken Colen and Lynette Vermillion for their lovely luncheon that the Community Patrol members enjoyed. I would also like to thank Sheriff Dean for finding time to attend our luncheon with some of his staff, namely Major Lumpkin, Capt. Burton, Capt. Pogue, Capt. Strow, Sgt. Grimes and, if I missed anyone, accept my apologies.

I wish to give special thanks to some of our volunteers who have received an award by Sheriff Dean, namely Jim Miller, Bob Multi-

more, Darrell Neff, Gunther Ziemann, Ruth Whitely and Lennie Rodoff. They have volunteered more than 300 hours since our inception. The following have volunteered more than 600 hours: Carol Smith, Bob Ferguson, Gary Rodoff and Joe Berger. It is people like the above mentioned who keep our community a little safer.

A big thank you to Capt. Burton for arranging to have Sgt. Scott Patch give our members an interesting talk on suspicious packages and terrorism.



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Sewing Bees Rita Miller

2007 has passed us by. Where did it go? I guess the saying "Time flies when you're having fun" sums it up.

Be it for a good cause, or our own personal enjoyment, the Sewing Bees enjoy sewing. Besides our projects for agencies serving abused and neglected children, we managed to do some items for our own personal use. I heard a couple of the ladies talking about making water bottle holders and wonder wallets for Christmas gifts. Since many of us worked on the sweatshirt jackets for the Craft Show, I imagine a few of those ended up gifts as well.

Since we didn't have anything special going on in December other than our holiday luncheon, I thought maybe I'd try to include a little history on the Sewing Bees this month. So, how did this organization get started? When I asked our president Marcy to fill me in, she handed me a well-documented scrapbook.

The organization actually started back in 1992 as an offshoot of the Stitch Witch Quilters. It was found that many of the quilters

also had an interest in doing craft-type projects that involved sewing. As a result, the Sewing Bees were founded with a separate identity from the Quilting Club. Marcy Benz was the organizer and came up with clever ideas for monthly projects. Other members offered suggestions that became class projects.

The members were proud to show off their latest projects plus they enjoyed being with friends while learning new methods of sewing construction. Items included placemats, covered albums, wall hangings, Easter baskets and other interesting and unusual items. Eventually, one of the social agencies in Ocala heard about the On Top of the World sewing ladies and asked if we would be interested in making tote bags for the children who were referred to them. They came with nothing to keep their personal items in. The Bees took on the project and decided that it would be nice to include a stuffed animal in each bag. The quilts were added later thus our "comfort kits" were born. As our houses filled up, we've evolved into doing more for charity and just a few projects for ourselves.

The organization owns eight sewing machines. We have minimal dues and are grateful for the donations of money and sewing supplies from our members and friends at On Top of the World. This year we participated in the Trash and Treasure sale and the On Top of the World Craft Show. Profits from these two events allowed us to purchase needed sewing supplies and additional items for the Christmas stockings. Next month I'll include a total of the number of articles we donated this year. In the meantime, if you have any fabric, fiberfill, quilt batting, or sewing supplies suitable for children's projects, we can put them to good use. Call Rita at 237-6660 or meet us in the Art Room of the Craft Building on Thursdays at 12:30 p.m. Here's to a great 2007 and even better 2008. Cheers!



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Frank Debus, President

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